CITY OF REGINA

HEALTH DEPARTMENT

ANNUAL REPORT 1984

CITY OF REGINA

HEALTH DEPARTMENT

P. A. HUTCHISON, M.D., F.R.C.P.(C)
Medical Health Officer

CENTRAL OFFICE: 1910 McINTYRE ST.
(Branch Office: 204 Wascana St.)
REGINA, SASKATCHEWAN
S4P 2R3

PHONE NUMBER 522-3621
AREA CODE 306

TABLE OF CONTENTS

	Page
Board of Health	1
Health Department	1
Goals and Objectives	2
Department Organization Chart	3
Health Department Personnel	4-7
Report of the Medical Health Officer	8-11
Health Statistics for the City of Regina.	12-21
Division Reports - Public Health Nursing Division	23-34
- Immunization and Communicable Disease Control	35-36
- Environmental Health Division.	37-50
- Nutrition Division	51-55
- Biostatistics Division	56-60
- Business Office	61-62
Financial Report	63

BOARD OF HEALTH

Alderman G. J. Kleisinger, Chairman

Alderman M. Hanley

Alderman L. Ooms

His Worship, Mayor L. Schneider, Ex-officio

Secretary: Mr. George Day

HEALTH DEPARTMENT

Medical Health Officer	P. A. Hutchison, M.D., F.R.C.P.(C)
Assistant Medical Health Officer	C. Carver, M.D., M.P.H.

Division Directors

Public Health Nursing Division	Mrs. J. Fowler, R.N., B.Sc.N., M.H.Sc.
Environmental Health Division	Mr. M. Markewich, C.P.H.I.(C)
Biostatistician	Miss L. Greaves, B.A., Dip. Ed.
Public Health Nutrition Division	Mrs. E.R. Vawter, B.Sc.H.E., P.Dt.
Business Office, Chief Clerk	Miss C.J. Lewis
Pediatric Services	D. Grocott, M.D., F.R.C.P. (C) (part time)

GOALS

Promotion of health and personal well-being

Promotion of healthful environment

Prevention of illness and disability
ON A COMMUNITY BASIS

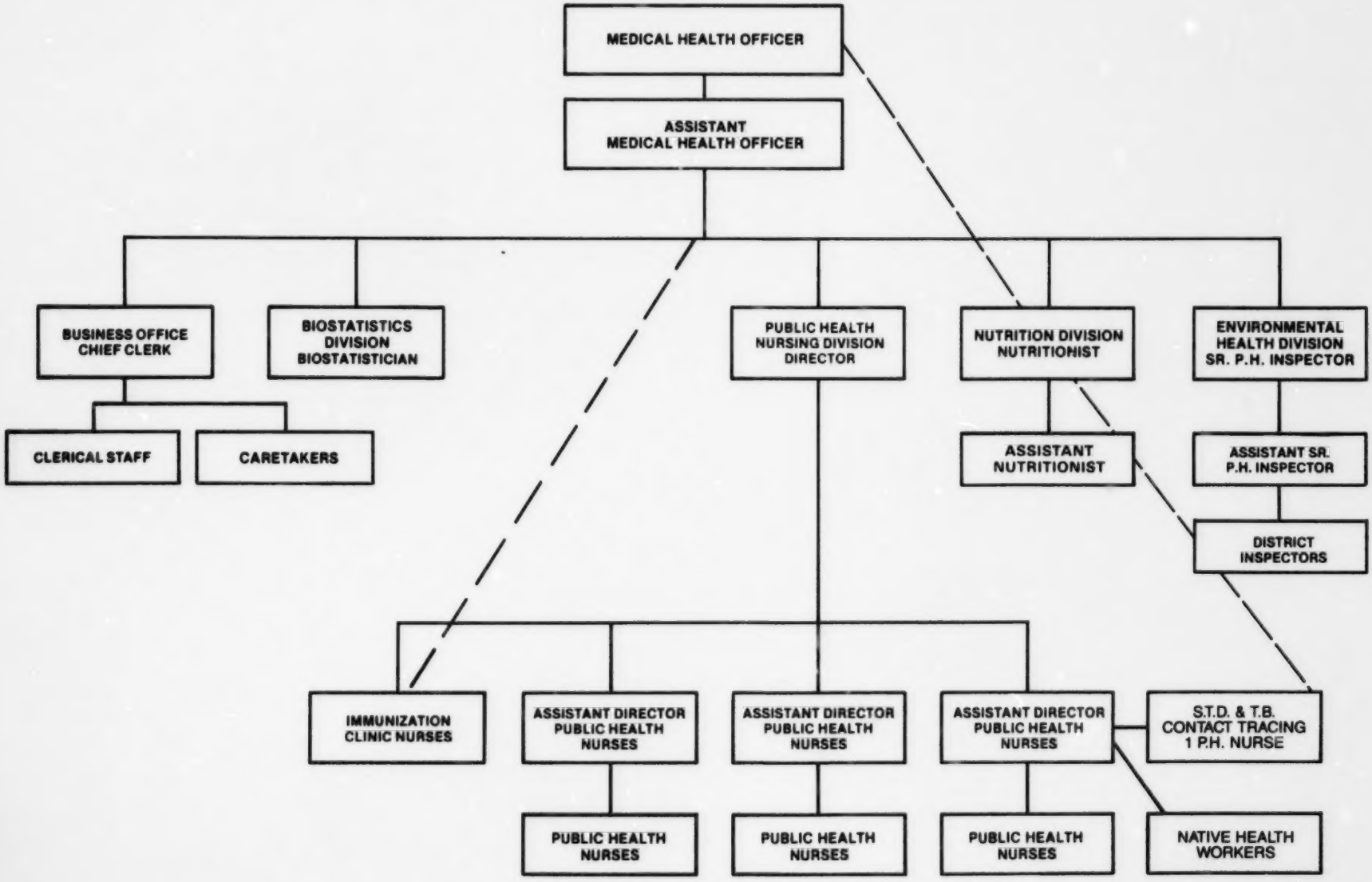
GLOBAL OBJECTIVES

* To assess the health needs of community and individuals in Regina;
* To organize, co-ordinate and deliver appropriate community health services;
* To encourage community participation in the programs and utilization of services offered;
* To motivate individuals towards improving and/or changing life styles;
* To co-operate with other agencies providing health care and services.

REALIZATION OF GOALS AND OBJECTIVES REQUIRES

- Professional expertise and enthusiasm
- Adequate staffing
- Adequate physical facilities
- Adequate operating budget
- Support of the community

ORGANIZATION CHART
CITY OF REGINA HEALTH DEPARTMENT



HEALTH DEPARTMENT STAFF

MEDICAL HEALTH OFFICER

P. A. Hutchison, M.D., C.M., F.R.C.P.(C)

ASSISTANT MEDICAL HEALTH OFFICER

C. Carver, M.D., M.P.H.

PEDIATRIC SERVICES

D. Grocott, M.D., F.R.C.P.(C) (part-time)

ENVIRONMENTAL HEALTH DIVISION

SENIOR PUBLIC HEALTH INSPECTOR: M. Markewich, C.P.H.I.(C)

ASSISTANT SENIOR PUBLIC HEALTH INSPECTOR: G.A. Booty, C.P.H.I.(C)

PUBLIC HEALTH INSPECTORS:
- L.O. Boris, C.P.H.I.(C)
- T. Devine, B.Sc., C.P.H.I.(C)
- J. Gattinger, C.P.H.I.(C) (retired Jan/84)
- J.D. Klein, B.Sc., C.P.H.I.(C)
- E.D. Kosten, C.P.H.I.(C)
- L.H. Morgan, C.P.H.I.(C)
- S. Pappas, B.Sc., C.P.H.I.(C)
- I. Vettoretti, C.P.H.I.(C) (terminated July/84)
- M. Winichuk, B.A., C.P.H.I.(C) (began Oct./84)
- E. Zinger,B.A., C.P.H.I.(C) (began Feb./84)

NURSING DIVISION

DIRECTOR: J.D. Fowler, R.N., B.Sc.N., M.H.Sc.

ASSISTANT DIRECTORS:
- J. Anderson, R.N., B.Sc.N.
- E. Helfrich, R.N., Dip. Hosp. Ser. Admin., Dip. P.H.N., B.Sc.N. (until Nov./84)
- M. Scott, R.N., B.Sc.N.
- S. Rendall, R.N., B.Sc.N. (began Nov./84)

PUBLIC HEALTH NURSES:
- C. Anderson, R.N.
- M. Benz, R.N., B.Sc.N.
- C. Biholar, R.N., B.Sc.N.
- M. Bjerke, R.N., Dip, P.H.N.
- L. Boldt, R.N., B.Sc.N.

PUBLIC HEALTH NURSES: continued

F. Buzash, R.N., Dip. P.H.N.
R.V. Cheberiak, R.N., B.Sc.N.
I.F. Cornelson, R.N.
D. Crane, R.N., B.Sc.N. (began July/84)
K. Davidson, R.N., B.Sc.N.
L. Demmans, R.N., B.Sc.N.
H. Forbes, R.N., B.Sc.N.
S.L. Goldie, R.N., B.Sc.N.
I. Grzesina, R.N., B.Sc.N.
D. Hartung, R.N.
G. Hebert, R.N.
E. Helfrich, R.N., B.Sc.N. (began Nov/84)
Sister R. Herle, R.N., B.Sc.N.
M. Hughes, R.N., B.Sc.N. (terminated Nov/84)
N. Hunter, R.N., B.Sc.N.
A. Ilg, R.N., B.Sc.N.
N. Kot, R.N., B.Sc.N.
T. Leon, R.N., B.Sc.N.
E. Love, R.N.
E. MacDonald, R.N.
K. MacDougall, R.N., B.Sc.N.
A. Mario, R.N., B.Sc.N.
G. Milos, R.N., B.Sc.N. (began Nov/84)
P. Pauls, R.N., Dip. P.H.N.
V.M. Peterson, R.N., B.Sc.N.
S. Rendall, R.N., B.Sc.N. (terminated Nov/84)
M. Roth, R.N. (began Feb/84)
R. Sachdeva, R.N., B.Sc.N. (terminated Jun/84)
K. Schick R.N., B.Sc.N.
A. Soloduk, R.N., B.Sc.N.
J. Tarr, R.N., B.Sc.N.
N. Wong, R.N., B.Sc.N.

Native Community Health Workers
Phyllis Thomson, C.H.R.
Blanche Smith, C.H.R.

Casual Staff:
D. Crane, R.N., B.Sc.N.
M. Fahlman, R.N., B.Sc.N.
S. Hinds, R.N., B.Sc. N.
D. Ingham, R.N., B.N.
V Klebuc R.N., Dip.P.H.N.
S. Kyrylchuk, R.N., B.Sc.N.
C. Oxelgren, R.N., Dip.P.H.N.
J. Rennie, R.N., B.Sc.N.
D. VanBeselaere, R.N., B.Sc.N.
S. Wawro, R.N., B.Sc.N.

NUTRITION DIVISION

NUTRITIONIST: E.R. Vawter, B.Sc. H.E., P.Dt.

ASSISTANT NUTRITIONIST: J.S. Charlton, B.S.H.Ec., P.Dt.

BIOSTATISTICS DIVISION

BIOSTATISTICIAN: L. Greaves, B.A., Dip. Ed.

BUSINESS OFFICE

CHIEF CLERK: C.J. Lewis

STENOGRAPHIC AND CLERICAL STAFF: C. Balaski
S. Bien
S. Carlston
M. Johnson
R. McLennan
M.M. Poncsak
D.M. West
E.E. Wolbaum

CARETAKERS: G. MacDonald
F. Medernach
R. Shea

HEALTH DEPARTMENT STAFF - 1984

First row: Ev Macdonald, Karen Davidson, Janet Fowler, Ruth Vawter, Dr. P.A. Hutchison, Dr. C. Carver, Mike Markewich, Lynn Greaves, Marg Roth

Second row: Maureen Hughes, Marg Benz, Sharon Kyrylchuk, Esther Love, Marion Bjerke, Heather Forbes, Nina Wong, Val Cheberiak, Tina Leon, Gerry Hebert, Ida Cornelson, Sr. Rosina Herle, Janet Anderson, Chi Troung

Third row: June Tarr, Karen MacDougall, Phyllis Pauls, Nancy Hunter, Sandra Rendall, Lillian Demmans, Annette Mario, Rupinder Sachdeva, Audrey Soloduk, Donna Hartung, Darleen Fisher, Verity Peterson, Carol Lewis

Fourth row: Lorraine Boldt, Arlene Ilg, Cecilia Balaski, Eleanore Helfrich, Nancy Kot, Joanne Charlton, Donna West, Len Boris, George Booty, Ted Devine, Mary Scott, Marg Poncsak, Ido Vettoretti, Rose McLennan, Susan Bien, Mavis Johnson, Erwin Zinger, Sharon Carlston, Bev Lear, Ric Shea, George MacDonald, Lorne Morgan

Missing: Dave Kosten, Francis Medernach, Elaine Wolbaum, Carol Anderson, Christine Biholar, Sandra Goldie, Ida Grzesina, Fran Buzash, Sam Pappas John Klein, Darlene Crane, Gloria Milos, Kathy Schick

REPORT OF THE MEDICAL HEALTH OFFICER

Those who have received our annual report in previous years will notice a change in format for 1984. In reviewing reports from other jurisdictions we have noted that some have elected to place the vital statistics and indices indicating citizen health status in a section at the beginning of the report. The programs of the department are recounted in a following section of the report. Because we see some advantages to this format, we have adopted such a format for 1984.

During 1984, several new initiatives took place. A number of these were possible because for the first time in a year we had the services of a full time Assistant Medical Health Officer in the person of Dr. Cynthia Carver. Her services were of a temporary nature however because she resigned in October 1984 to work with Medical Services of Health and Welfare Canada.

Highlights during 1984 were as follows:

OPEN HOUSE IN MAY

A Canada Health Day Open House was organized with the objective of heightening the general public's awareness of preventive health programs sponsored by the department. The general public and city hall staff were invited to "see how we work and what we do" through displays, a slide show, and demonstrations by health department staff at our main office. It was judged a success with 250 people attending.

This and the media work, displays and public talks given by nearly all professional staff have served to increase awareness of our department and hopefully to facilitate dissemination of our message of prevention and health promotion.

HEALTH STATUS QUESTIONNAIRE

A health status questionnaire was developed by the department with assistance from the University of Regina and other professionals in order to serve as a data base regarding health status and practices of Regina citizens. It was mailed to a random sample of 5,000 Regina citizens with a most gratifying return of 2,654 (53.1%). Another part of the project involved direct interviews of 343 Regina citizens. This project was made possible in part by support received from the federal government's Summer Canada Works program. The data resulting from this project will be analyzed during 1985.

FOOD HANDLERS COURSES

After intensive planning and organization including a questionnaire to food handlers, the Environmental Health Division commenced regularly scheduled daytime and evening Food Handlers' Courses for those working in public restaurants, hospital food services, and so on. These have been received enthusiastically and 412 persons have attended the eighteen two and a half hour courses held. More are planned for 1985.

NATIVE HEALTH

If measures aimed at improving the health status of native people are to be successful, they must be concurrent with improvements in native housing and economic status.

In our own department, the native community health workers who had worked on a temporary status under joint federal and city funding for the past two years were made permanent employees in May. Having these positions assured allows for improvement in planned services to native clientele.

VOLUNTEERS APPRECIATION CEREMONY

Without the enthusiastic assistance of many volunteers offered over many years, the Health Department could not provide the scope and variety of services to the public. During 1984, approximately 220 volunteers assisted professionals in various programs. To honour these volunteers, a ceremony and tea were held on Wednesday, December 19, in the auditorium of the Health Department. Mayor Schneider presented a Certificate of Appreciation to each volunteer as well as to representatives from the following three organizations - The Red Cross Volunteer Program, The Open Door Society, and the I.O.D.E.

Volunteers assist in child health clinics and the school vision screening program, act as interpreters for our contacts with Vietnamese families, speak at the smoking cessation programs, or provide layettes for young mothers in need.

FLUORIDATION

Unfortunately in spite of the inclusion of the question on the ballot during three elections, Regina has not been successful in instituting this measure. In the meantime almost 600 other Canadian communities are fluoridated including 8 of the 11 Saskatchewan cities.

In May, in response to a letter to the City from the Saskatchewan Dental Hygienists, a report advocating fluoridation of Regina's water was submitted to the Board of Health and Social Planning and Council. Both approved the report which recommends a public education program and the addition of the question to the ballot during 1985.

On December 5, at the Board of Health and Social Planning meeting, a further report on fluoridation was submitted. The committee agreed it should be presented to Council in the format of a bylaw to be given second reading and then submitted to the citizens at the next election, requesting their vote regarding third reading.

On December 7, Council considered the report. They defeated the proposal of a bylaw, but agreed it should be put as a question at the next plebiscite.

PEDIATRICIAN SERVICES

Although the Maternal and Child Health Division has been officially dismantled, pediatric services continue to be offered in two of the twenty-one regularly scheduled child health clinics. In 1984, there were 391 infants and children examined and their parents counselled by the pediatrician.

Besides serving in these clinics, the pediatrician also provides certain direct clinical and telephone advice services to parents. Advice is also provided for staff members and private practitioners and other professionals, related to immunization, communicable disease control and public health programs.

SENIORS HEALTH CONFERENCES

In July, the Council on Aging wrote the Board of Health and Social Planning requesting that seniors' health conferences be set up in the city. This matter has been referred to the Health Department for a report.

STUDENTS

The department continues to have W.I.A.A.S. nursing students, University of Saskatchewan B.Sc.N. students, and occasionally others. For example, medical students, nutrition internes, etc. spend time with the department as part of their field experience.

RELATIONS WITH PROVINCIAL HEALTH DEPARTMENT

There continued to be close cooperation with the Community Health Services Branch of Saskatchewan Health. Discussions have taken place with Saskatchewan Health about the non-regulation of special care homes occupied by 4-14 persons. It is understood that Continuing Care has submitted proposals for remedial legislation to the Minister of Health.

During 1984 there was 7.5% staff turnover, representing a relatively stable staff.

Our budget for 1984 was $2,450,400 of which $666,000 was contributed from the Provincial Health Grants. The department, along with the Saskatoon Community Health Unit, has had a number of meetings with Saskatchewan Health regarding increasing the provincial share of funding for preventive health services.

All in all it has been a busy and productive year.

Finally, I wish to express my appreciation to the Health Department staff who work so hard and show true commitment to preventive health. I wish also to express my thanks to City Council, the City Administration, the media and the community in general for the support they have given me during the past year.

Respectfully submitted,

P. A. Hutchison

P. A. Hutchison, M.D.,F.R.C.P(C)
Medical Health Officer

HEALTH STATISTICS

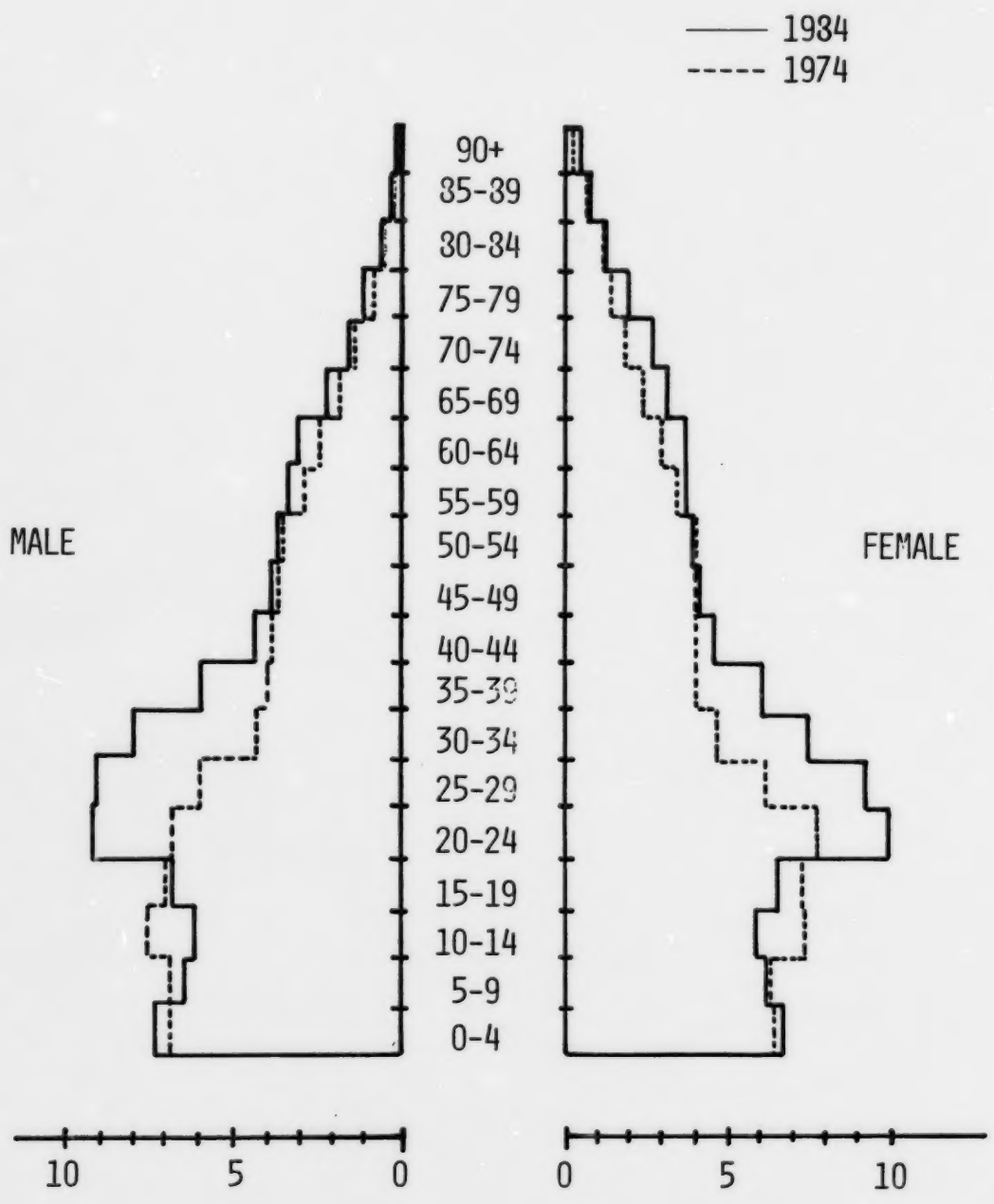
SUMMARY OF HEALTH STATISTICS

FOR THE CITY OF REGINA - 1984

POPULATION	172,340
Increase from 1983	1.9%
BIRTHS (residents)	3,185
Birth rate per 1000 population	18.5
DEATHS (residents)	1,079
Death rate per 1000 population	6.3
NATURAL INCREASE	2,106
Rate per 1000 population	12.2
INFANT MORTALITY	35
Rate per 1000 livebirths	11.0
PERINATAL MORTALITY	38
Rate per 1000 livebirths and stillbirths	11.9
STILLBIRTHS	20
Rate per 1000 livebirths	6.3

POPULATION OF REGINA

BY FIVE YEAR AGE GROUPS AND SEX - 1974 AND 1984



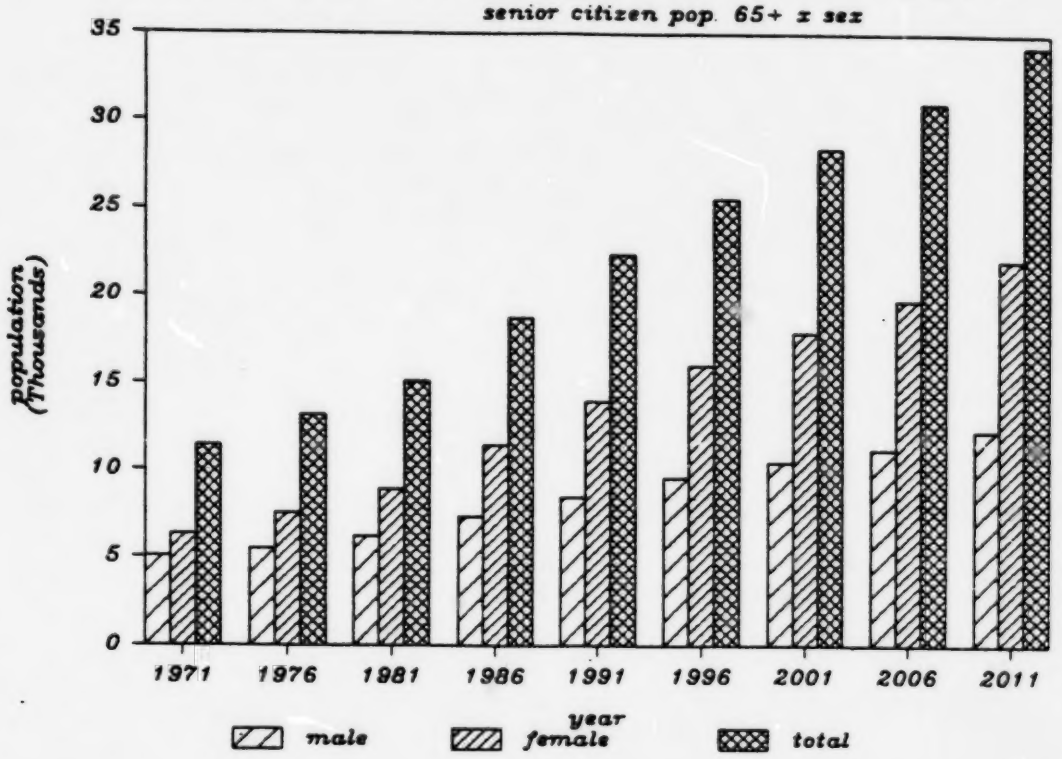
POPULATION OF REGINA

BY FIVE YEAR AGE GROUPS AND SEX -1984*

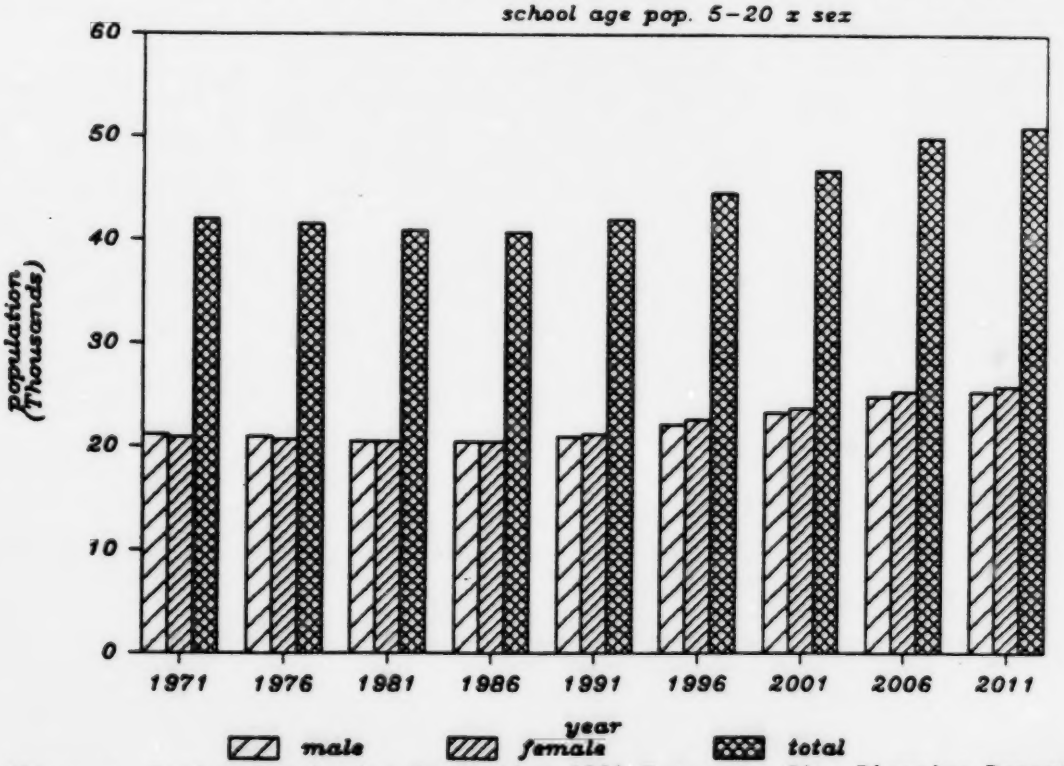
AGE GROUP	POPULATION			PERCENT		TOTAL FOR AGE GROUP
	MALES	FEMALES	TOTAL	MALES	FEMALES	
0-4	7,256	6,770	14,026	4.2	3.9	8.1
5-9	6,466	6,245	12,711	3.8	3.6	7.4
10-14	6,250	5,912	12,162	3.6	3.4	7.1
15-19	6,808	6,608	13,416	4.0	3.8	7.8
20-24	9,371	9,864	19,235	5.4	5.7	11.2
25-29	9,284	9,224	18,508	5.4	5.4	10.7
30-34	7,598	7,408	15,006	4.4	4.3	8.7
35-39	6,132	5,985	12,117	3.6	3.5	7.0
40-44	4,478	4,528	9,006	2.6	2.6	5.2
45-49	4,009	4,025	8,034	2.3	2.3	4.7
50-54	3,855	3,862	7,717	2.2	2.2	4.5
55-59	3,510	3,737	7,247	2.0	2.2	4.2
60-64	3,207	3,667	6,874	1.9	2.1	4.0
65-69	2,314	3,020	5,334	1.3	1.8	3.1
70-74	1,755	2,567	4,322	1.0	1.5	2.5
75-79	1,205	1,835	3,040	0.7	1.1	1.8
80-84	719	1,224	1,943	0.4	0.7	1.1
85-89	341	677	1,018	0.2	0.4	0.6
90+	186	438	624	0.1	0.3	0.4
TOTAL	84,744	87,596	172,340	49.2	50.8	100.1

* Source: S.H.S.P. Covered Population

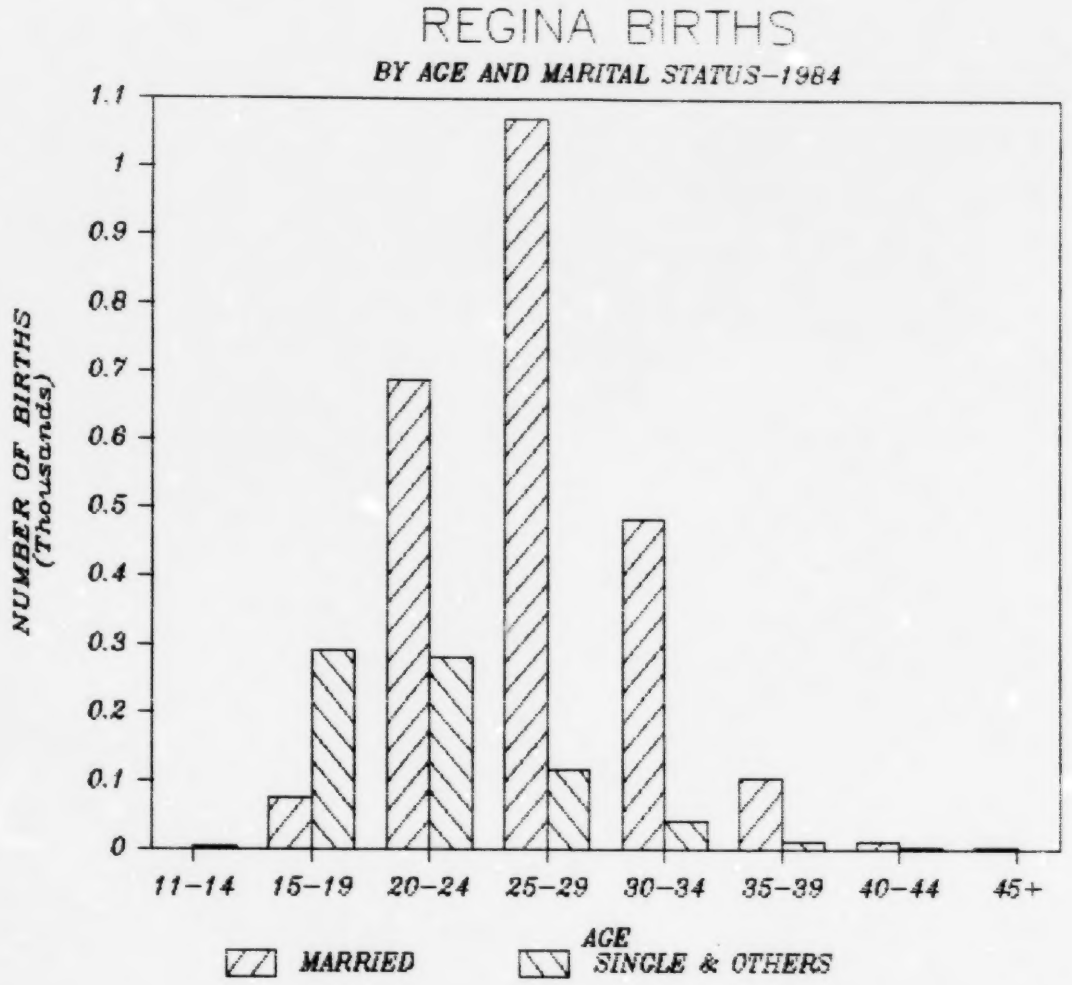
REGINA POPULATION 1971–2011



REGINA POPULATION 1971–2011

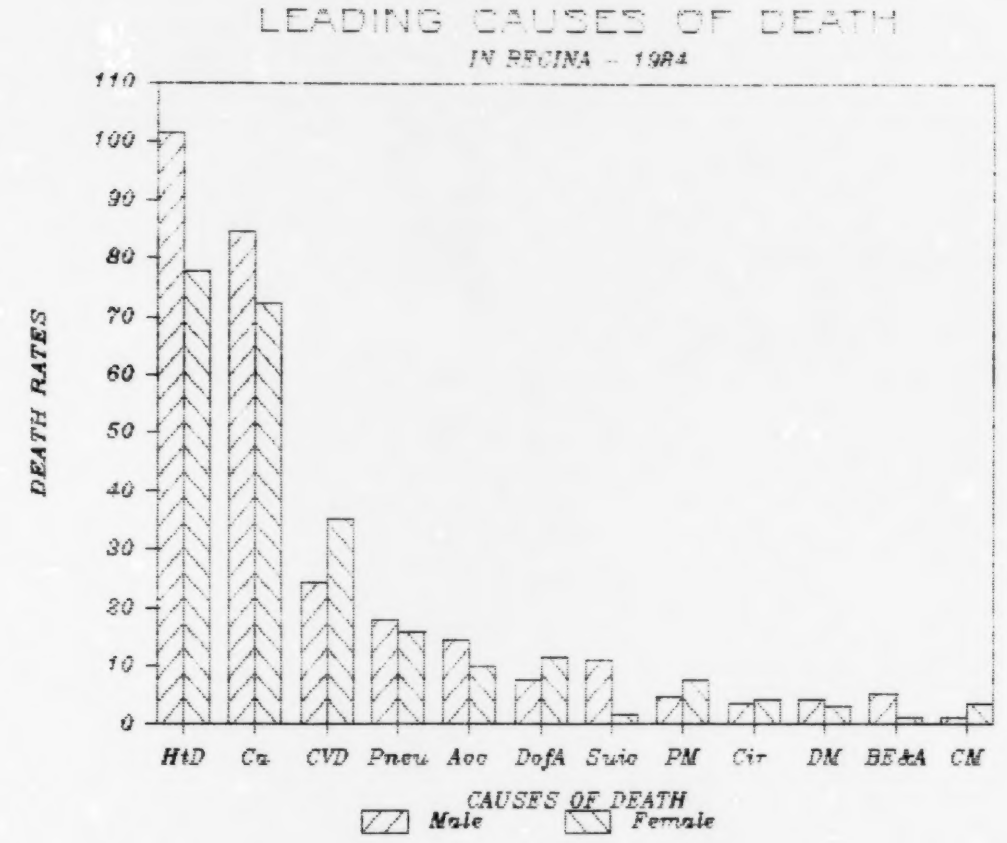


*Source: Regina Population Projection 1984 Forecast, City Planning Department



REGINA BIRTHS BY AGE AND MARITAL STATUS-1984

AGE	MARITAL STATUS		TOTAL BIRTHS	
	MARRIED	SINGLE AND OTHERS	NUMBER	PERCENT
11-14	0	5	5	0.2
15-19	76	291	367	11.5
20-24	685	282	967	30.4
25-29	1070	117	1187	37.3
30-34	483	43	526	16.5
35-39	104	11	115	3.6
40-44	11	2	13	0.4
45+	2	0	2	0.1
UNKNOWN	3	0	3	0.1
TOTAL	2434	751	3185	100.0
%	76.4	23.6		



LEADING CAUSES OF DEATH IN REGINA - 1984

	NUMBER OF DEATHS			DEATH RATES*		
CAUSE	**MALE**	**FEMALE**	**TOTAL**	**MALE**	**FEMALE**	**TOTAL**
Heart Disease	175	134	309	101.5	77.8	179.3
Cancer	146	125	271	84.7	72.5	157.3
Cerebrovascular Disease	42	61	103	24.4	35.4	59.8
Pneumonia	31	27	58	18.0	15.7	33.7
Accidents	25	17	42	14.5	9.9	24.4
Diseases of the Arteries	13	20	33	7.5	11.6	19.2
Suicide	19	3	22	11.0	1.7	12.8
Certain Causes of Perinatal Mortality	8	13	21	4.6	7.5	12.2
Cirrhosis of the Liver	6	7	13	3.5	4.1	7.6
Diabetes Mellitus	7	5	12	4.1	2.9	7.0
Bronchitis, Emphysema, Asthma	9	2	11	5.2	1.2	6.4
Congenital Malformation	2	6	8	1.2	3.5	4.7
Other causes	97	79	176	56.3	45.8	102.1
TOTAL	580	499	1,079	336.5	289.5	626.1

* per 100,000 population

DEATHS OF INFANTS IN FIRST YEAR OF LIFE

	1984	1983	1982	1981	1980	1979	1978	1977	1976	1975
Total Number of Infant Deaths	35	33	27	22	29	27	27	36	28	33
Infant Mortality Rate per 1000 livebirths	11.0	10.9	8.9	7.7	9.8	9.0	9.7	13.0	10.0	12.3

REGINA BIRTH AND DEATH RATES - 1975 to 1984

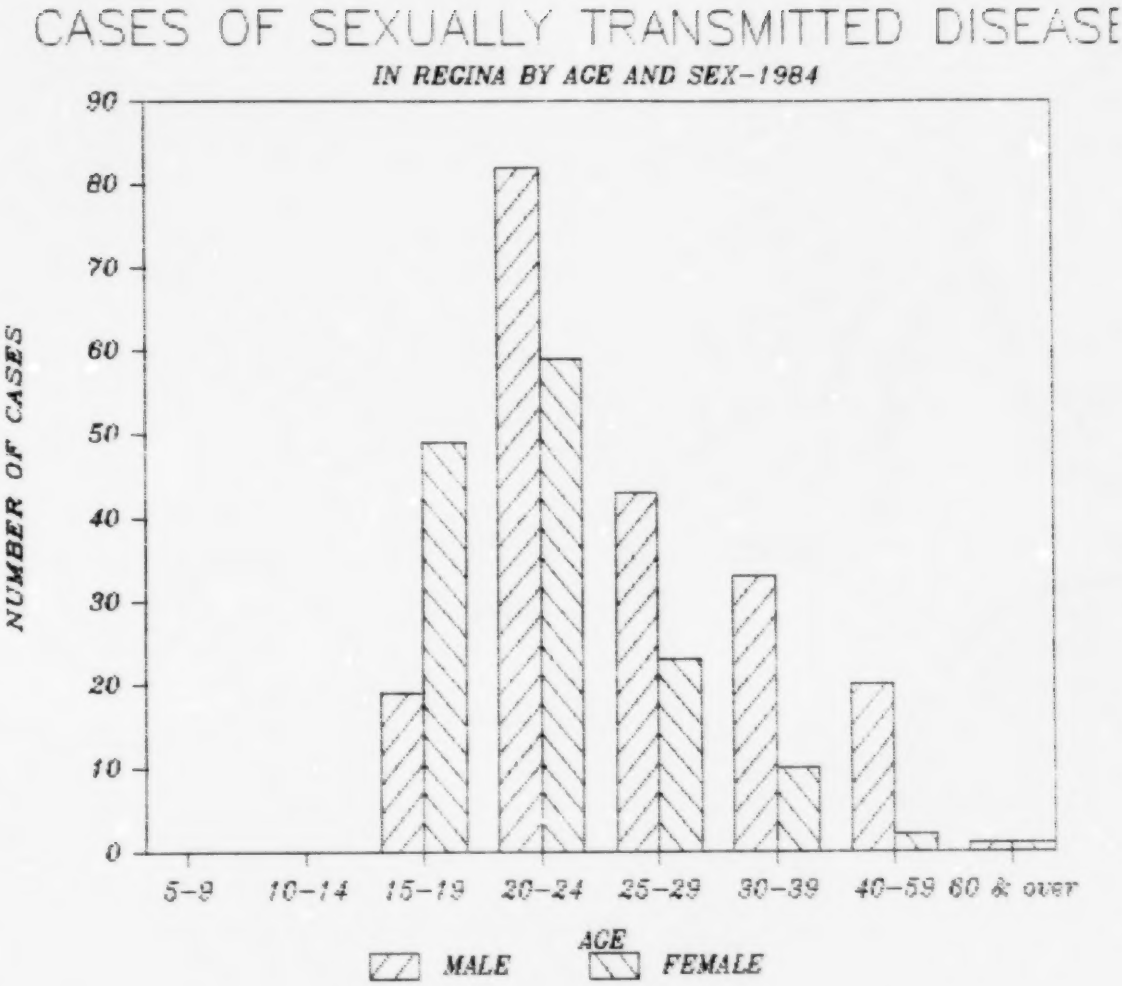
YEAR	LIVEBIRTH RATES (per 1000 population)	STILLBIRTH RATES (per 1000 livebirths)	PERINATAL MORTALITY RATES (per 1000 livebirths and stillbirths)	NEONATAL MORTALITY RATES (per 1000 livebirths)	CRUDE DEATH RATES (per 1000 population)
1975	17.8	10.0	16.2	8.2	6.2
1976	18.2	7.2	15.4	8.9	6.1
1977	17.7	7.6	13.6	8.3	5.7
1978	17.4	8.7	15.0	7.9	6.2
1979	18.8	6.0	9.6	5.7	5.9
1980	18.5	6.7	12.0	6.1	5.7
1981	17.6	7.3	11.7	5.9	5.4
1982	18.3	6.6	10.2	4.9	6.1
1983	17.9	6.6	13.4	7.9	5.9
1984	18.5	6.3	11.9	7.2	6.3

Infant Mortality - Death of infants less than one year of age
Perinatal Mortality - Deaths of infants less than one week of age plus stillbirths
Neonatal Mortality - Deaths of infants less than one month of age

CASES OF COMMUNICABLE DISEASES REPORTED IN REGINA, 1983-1984

	1984		1983	
	Number	Rate*	Number	Rate*
Campylobacter**	10	**	n/a	n/a
Diphtheria - cases	-	-	-	-
- carriers	-	-	-	-
Food Poisoning	-	-	-	-
Gastroenteritis	445	258.2	489	289.1
Giardiasis**	57	**	n/a	n/a
Hepatitis A	34	19.7	12	7.1
Hepatitis B	9	5.2	10	5.9
Hepatitis B - carrier	4	2.3	1	0.6
Hepatitis - unspecified	2	1.2	-	-
Influenza	-	-	2	1.2
Measles	-	-	-	-
Meningitis (Bacterial)	5	2.9	9	5.3
Meningococcus.	-	-	-	-
Haemophilus.	3	1.7	3	1.8
Pneumococcus	-	-	2	1.2
Other.	2	1.2	4	2.4
Mumps	5	2.9	7	4.1
Parasitic skin disease.	358	207.7	356	210.5
Other parasitic diseases	30	17.4	25	14.8
Paratyphoid	-	-	-	-
Pertussis (Whooping Cough).	-	-	3	1.8
Rubella	2	1.2	19	11.2
Salmonellosis	92	53.4	117	69.2
Shigellosis (Bacillary dysentery)	13	7.5	11	6.5
Tuberculosis - respiratory	5	2.9	7	4.1
- other.	-	-	-	-
Typhoid	-	-	-	-
Venereal Disease.	376	218.2	516	305.1
Gonococcal	347	201.4	513	303.3
Gonococcal ophthalmaia neonatorum.	-	-	-	
Syphilis	4	2.3	3	1.8
Herpes genitalis**	8	**	n/a	n/a
Chlamydial infection**	17	**	n/a	n/a
Viral meningitis - encephalitis	39	22.6	15	8.9
Western equine encephalitis	-	-	-	-
POPULATION	172,340		169,120	

* Rate per 100,000 population
** From August



CASES OF SEXUALLY TRANSMITTED DISEASE* IN REGINA BY AGE AND SEX - 1984

AGE	MALE	FEMALE	TOTAL	PERCENT
5-9	-	-	0	0.0
10-14	-	-	0	0.0
15-19	19	49	68	19.4
20-24	82	59	141	40.2
25-29	43	23	66	18.8
30-39	33	10	43	12.3
40-59	20	2	22	6.3
60 & over	1	1	2	0.6
Not Stated	4	5	9	2.6
TOTAL	202	149	351	100.0
%	57.5	42.5		

*Gonorrhoea and Syphilis

DIVISION REPORTS

Nursing Division

PUBLIC HEALTH NURSING DIVISION

STAFF:

During 1984, nursing positions remained at 38, consisting of one Director of Nursing; three Assistant Directors of Nursing; 30 District Public Health Nurses, three Immunization Clinic Nurses, and one nurse for the Sexually Transmitted Diseases and Tuberculosis programs. As well, permanent positions were obtained in May for two Native Community Health Workers, who had worked on a temporary basis with joint Federal and City funding since February, 1982. Resignations numbered only two, for a 5% turnover rate, as compared with 16% in each of the past 2 years.

NEW PROGRAMS, PROJECTS AND ACTIVITIES:

1. Our **Developmental Assessment Project**, begun in June 1983, to assess all children born in 1979, was continued. Those who had been referred were contacted to determine compliance with referrals, the outcome of referrals, and compliance with recommendations. Records were reviewed by Dr. D. Grocott to determine the significance of problems found and corrected. Children invited to the project who did not attend during the summer of 1983 were assessed upon entry to kindergarten in the fall of 1984. Results and comparisons between groups concerning immunization and health status will be done.

   Children born in 1980 were similarly assessed during the summer of 1984. Of the 2,973 invitations mailed, 1,942 responded and received assessments.

   Due to the positive response by parents to this program, and with a view to scheduling both the assessments and the resulting referrals more evenly throughout the year, we altered our approach for the 1981 birth years. Commencing in January, 1985 children born in 1981 will be invited to attend in their birth month, at the age of 4 years.

2. Due to client request, a **Refresher Prenatal Program** was initiated late in 1984 for couples who had previously attended prenatal classes. Two series of 3 classes each were offered, with content geared to the specific needs and interests of these parents.

3. A new **Child Health Clinic** was opened at W. F. Ready School on October 9, with clinics held twice a month. This quickly became a popular clinic with an average attendance of 17 at each of the 5 clinics held.

4. Canada Health Day was celebrated on May 10 with an Open House at our Central Office. Public Health Nurses prepared and manned the following displays: Prenatal, Are You An Askable Parent?, Scoliosis Family Planning, Breast Self-Examination, Communicable Disease, Cardio-Pulmonary Resuscitation, Sexually Transmitted Diseases, the "Medicine Cabinet" and a height and weight area. As well, they offered vision, hearing and blood pressure screening to any visitors who wished, with additional displays and literature provided on these topics.

5. Public Health education was also offered to the public through the Nursing Division's participation in various Mall displays (Single Parents' Week, National Non-Smoking Week, Child Abuse Awareness Week and Nurses Week). Nurses also participated in the Y.W.C.A.'s Femtastic (The Choking Victim, Breast Self-examination), Rainbow Centre Youth Fair (S.T.D., Communicable Disease, Breast Self-exam ination, Quit for Good and Nutrition) and the North Central Health Fair (Public Health Nursing, Smoking and Nutrition).

6. The Prenatal Class Post Labor and Delivery opinionnaires from 1983 were summarized and a format established for purpose of evaluation. Overall comments were positive and suggestions helpful.

INFANT AND PRESCHOOL SERVICES

Child Health Clinics

Child Health Clinics were offered at sixteen locations throughout the city, an increase of one with the establishment in October of twice monthly clinics at W.F. Ready School. Martha House clinic was relocated to St. Michael's School in May due to their need for space. As well, due to the closure of McCannel School in June, that clinic was moved to W.C. How School in July, with a reduction from weekly clinics to 2 clinics per month. Public health nurses provide services primarily to infants and preschoolers at these clinics, including screening for health problems (vision, hearing, physical and emotional development) and immunization. Parents receive counselling, and referrals are made as needed to physicians and other agencies. The services of a pediatrician are also available by appointment.

	1980	1981	1982	1983	1984
No. of Visits	11,206	10,219	10,137	10,809	11,701
No. of clinic sessions	504	627	605	616	637
Average attendance	22	16	17	18	18

Of the 11,701 visits made, 6,781 concerned infants, preschoolers numbered 4,665 and 255 visits were made by school-aged children. Immunization was included in 83% of all visits. It is interesting to note the popularity of the Branch Office as a site for child health clinics. This facility was used for 6,227 visits, which represents 53% of all child health clinic visits made in the city. Further clinic statistics are on page 34.

PRE-SCHOOL VISION AND HEARING SCREENING PROGRAM

Pre-school children had vision (550) and hearing (559) assessed during 77 special screening clinics. These were mainly children born in 1981 or in 1979 (entering kindergarten). Each child also received developmental screening through the Denver Prescreening Developmental Questionnaire (P.D.Q.). Repeat vision screening was done for 114 children and repeat hearing screening for 158. Children born in 1980 were sent special invitations to participate in the developmental assessments being held for 3 1/2 - 4 1/2 year olds during the summer. A further 1,942 children were screened for vision, hearing, speech, general health and immunization status during these assessments.

PRESCHOOL VISION AND HEARING

	1980	1981	1982	1983	1984
VISION AND HEARING CLINICS					
Pre-School Vision					
Number screened	2,788	1,358	1,785	1,068*	550**
Number stable defects	47	8	24	12	
Number new defects	123	60	73	60	
Number referred	108(4%)	52(4%)	74(4%)	63(6%)	
Pre-School Hearing					
Number Screened	1,633	1,187	1,711	1,055*	559**
Number Referred	49(3%)	45(4%)	87(5%)	37(4%)	

*1983 - A further 1,847 children, born in 1979, had vision and hearing screening during special developmental assessments.

**1984 A further 1,942 children, born in 1980, had vision and hearing screening during special developmental assessments. Referral data is not yet available.

Day Care Centers and Nursery Schools

Nurses made 88 visits to day care centers and nursery schools for the purpose of vision screening, communicable disease investigation, other health concerns and health teaching.

Home Visits

Home visits are made to the parents of infants and preschoolers, providing them with health information and counselling.

	1980	1981	1982	1983	1984
Number Infants Visited	3,971	3,771	4,354	4,357	4,074
Number Preschoolers Visited	1,672	1,576	2,141	1,940	1,887

School Services

Public health nurses spend, on average, 38% of their time in the city's 111 schools (93 elementary, 14 high and 4 other). Generally, one-half day per week is spent in each elementary school, with one day per week for each high school, but this varies with each school's population and special needs. Classroom health teaching by public health nurses has increased by 238% in the past four years. In 1980, classroom sessions numbered 202 with 5,381 students in attendance. This year, 481 sessions were offered with 12,717 students present. Among the subject areas taught were puberty, reproductive anatomy and physiology, foetal development, labor and delivery, teenage pregnancy, smoking, drugs, alcohol, foetal alcohol syndrome, S.T.D., child abuse, role of the P.H.N., breast self-examination, pap smear, safety, first aid, nutrition, anorexia nervosa, the heart, blood pressure, diabetes, scoliosis and rubella.

SCHOOL SERVICES OFFERED 1981-1984

Service	Number of Recipients			
	1981	1982	1983	1984
Physical Assessment	2,815	2,649	2,338	3,093
First Aid	2,927	3,005	3,013	2,939
Immunization	6,567	5,593	6,307	5,524
Student Counselling (general)	2,381	3,039	3,872	4,003
Pregnancy Counselling				
First Contact	50	37	95	85
Follow-up	102	156	229	278
Parent Counselling	3,179	3,047	3,683	3,722
Teacher Counselling	3,299	3,555	4,673	4,682
Classroom Instruction				
-Number of sessions	266	329	443	481
-Number of students	5,762	7,047	10,901	12,717
Specific Screening Procedures				
Hearing-first this year	7,829	6,707	7,207	7,071
-repeat this year	1,128	924	1,197	1,011
-referred	316(4%)	290(4%)	397(6%)	309(4%)
Vision -first this year	18,895	17,887	20,828	16,562*
-repeat this year	2,540	2,960	2,855	1,917
-referred	1,309(7%)	1,482(8%)	1,268(6%)	968(6%)
Scoliosis-screened	2,906	3,001	3,251	2,940
-referred	171(6%)	178(6%)	179(6%)	128(4%)
Communicable diseases	2,067	2,560	3,627	5,395

*Trained parent volunteers did initial vision screening for 7,469 students.

In addition to these services, 787 home visits were made concerning school children and a further 536 school children were seen at immunization or child health clinics.

HEALTH EDUCATION PROGRAMS

Expectant Parent Programs

In 1984, 30 public health nurses offered 520 classes at 5 locations throughout the city, including both our Central and Branch offices, the Plains and Pasqua Hospitals, and Balfour Special Tutorial School. Participants included 1,037 mothers, 835 fathers, and 113 coaches.

Teens who attend Balfour Special Tutorial to continue their education during pregnancy are taught in a flexible format. This year 5 1/2 series (55 classes) were taught, with 80 teens receiving an average of 10 classes each. Series taught at the Pasqua consist of 7 classes. All other early bird and regular series consist of 6 classes, while the refresher program has 3 classes. All series include a hospital tour.

PRENATAL SERIES AND CLASSES

	1980	1981	1982	1983	1984
Early Bird "Part A"					
Number of Series	16	23	35	35	36
Number of Classes	32	46	70	70	72
Early Bird "Part B"					
Number of Series	16	21	31	35	35 1/4
Number of Classes	48	84	124	140	141
Regular Classes					
Number of Series	56	38	33	33	36
Number of Classes	280	228	198	204	222
Single Mothers					
Number of Series	6	5	3	4	4
Number of Classes	30	30	18	24	24
Balfour Special Tutorial					
Number of Series		6	5	5 1/4	5 1/2
Number of Classes		50	54	53	55
Refresher					
Number of Series					2
Number of Classes					6

PRENATAL CLASSES AND ENROLLMENT

	1980	1981	1982	1983	1984
Total Number of Classes	431	444	470	491	520
Total Female Enrollment	969	872	931	896	1,037
-Single Females	173(18%)	161(18%)	184(20%)	229(26%)	239(23%)
Total Male Enrollment	795	647	719	659	835
Total "coach" Enrollment (Male and Female)	42	43	69	68	113
Number of Regina Births	2,975	2,877	3,033	3,033	3,185

Births in Regina this year numbered 3,185. Of this number, 1,037 or 32.5% of all mothers attended our prenatal classes. Prenatal teaching was also given during 214 home visits and at 363 pregnancy counselling sessions in the schools involving 85 students. Included in Regina's total annual births were 751 births to single women (23.6% of all births). Of these single women, 239, or 31.8% attended our prenatal classes.

Adoptive Parent Classes

This series was offered twice this year with 3 classes per series. Total attendance was 11 mothers and 11 fathers.

Are You An Askable Parent? Classes

These classes assist parents in communicating effectively with their children regarding sexuality and family living. Only one series of four classes was held, with 11 mothers and 5 fathers in attendance.

Health Talks to the Community

Public health nurses spoke to a variety of community groups on a number of health topics, including child abuse, obesity, communicable disease, safety, prenatal, first aid, nutrition and food budgeting, public health nurse's role, breast self examination, hygiene, S.T.D., family planning and healthful living. Groups receiving the talks included Day Care Workers, Regina Teachers' Convention, Grace Haven, Ranch Ehrlo, Babysitting Courses, Dental Assistant students, Rainbow Youth Center, Katimivak Youth, Parents Without Partners, Living Skills classes, Mental Health Vocation Center, Native Alcohol Center, Saskatchewan Council for Crippled Children and Adults, Brownies and parents of children in day care.

COMMUNITY TALKS

	1980	1981	1982	1983	1984
Number of Sessions	77	106	166	168	142
Number of Persons	1,340	1,963	2,305	2,095	2,450

COMMUNICABLE DISEASE CONTROL

Rheumatic Fever Program

This program provides surveillance and free penicillin or sulfadiazine to rheumatic fever patients for the purpose of preventing recurrent streptococcal infections, thus reducing the risk of further complications from this disease. The number remained stable at 48, with 2 admitted and 2 discharged from the program this year.

	1980	1981	1982	1983	1984
Number of Recipients	109	82	65	48	48

Tuberculosis Control

There were seven new tuberculosis cases this year. We located 58 contacts of these cases. In addition, 205 clients required a follow-up exam. In all, 464 clients visited either the tuberculosis clinic or their own doctor. Home visits, with clients found, numbered 263.

Sexually Transmitted Diseases

The reported number of cases of sexually transmitted diseases was 376. This included 347 cases of gonococcal infection, 4 syphilis, 8 herpes genitalis (from August only), and 17 chlamydial infections (from August). Notifications for contact tracing numbered 214, down by 6 from last year. The number of these contacts located and referred to either the Public Health Clinic or family doctor was 180, for an 84% "find" rate. A further 34 cases who had been treated were located for follow-up testing. Home visits with clients found numbered 220. Group instruction to schools or community groups numbered 27, with 668 in attendance.

Other Communicable Diseases

Many other communicable diseases were investigated by nursing staff. Among these were Hepatitis A (34), Hepatitis B (9), salmonellosis (92), shigellosis (13), giardiasis (57), scabies and pediculosis. Investigations concerning communicable disease at schools and on home visits increased from last year.

	1980	1981	1982	1983	1984
Home Visits	626	725	551	603	645
School Screening	1,626	2,067	2,560	3,627	5,395

OTHER SERVICES

Family Planning

Birth Control information is included in various nursing programs. Each prenatal series offers information on this topic, thereby reaching 1,985 women and men. A further opportunity to discuss family planning takes place at each postnatal visit (3,268). A further 58 persons received individual family planning consultations by request. The increasing involvement of public health nurses in the Family Life programs of many schools also provides the opportunity for teaching this subject matter through classroom instruction and as a resource person to teachers.

Home Visiting

Home visits are made for a wide range of health concerns and present opportunities for health teaching and supervision. In 1984, public health nurses made 7,317 visits in 7,978 hours (including travel and recording time). Some of the reasons for these visits have been mentioned earlier in this report. These visits were also made: Adults (3,075), Senior Citizens (587); Sudden Infant Death (26); Suspected Child Abuse (53); and Boarding Care Home Assessments (28). The provincial S.A.I.L. program made 1,435 referrals to us, which led to 603 home visits and 953 phone calls. Nurses further requested 154 pieces of equipment from S.A.I.L. Home visits to native families by nurses numbered 1,027, and a further 1,180 visits were made by the two community health workers for a total of 2,207.

Referrals

A total of 2,876 referrals were received, an increase of 347 from last year. The largest number of referrals received was from S.A.I.L. (1,435), followed by nurse-to-nurse hospital referrals (1,244). Physicians made 12 referrals, V.O.N. made 5, and 180 were received from other agencies. Referrals made by this division included 32 to V.O.N. or Home Care. In addition, 21 cases of suspected child abuse plus 32 additional cases were referred to the Department of Social Services.

Other Communications

A total of 2,512 consultations were held with physicians and other health, education and social agencies. A further 10,159 telephone consultations were held with the public, either through nurse or client initiative. Staff consultations with the department's medical health officer or assistant numbered 296.

Native Health Workers

In May, the two native Community Health Workers became permanent employees of the City. Prior to that their positions had received joint Federal and City funding since February, 1982 on a project basis. Their work continues with Regina's native community, in promoting healthy lifestyles and enhancing the understanding and use of preventive health programs. These statistics are drawn from their various activities:

	1983	1984
Attendance at Child Health Clinics	79	93
Assisted P.H.N. with 3 1/2-4 1/2 year old project	21 days	5 days
Attended schools to assist with programs (1/2 days)	78	84
Home Visits		
Independent visits	719	1,158
Joint visits	N/A	44
Accompanied P.H.N.	35	67
Transported Clients		
To Child Health Clinics	65	64
To other appointments	20	72
Community Services		
Contact with Native groups	52	30
Visits to hospitals re: postnatals	120	127
Presentations to Native Alcohol Center	N/A	9

Both C.H.W.'s attended a 4 1/2 day Refresher Program for Community Health Representatives, held in Saskatoon in September. B. Smith, C.H.W. and M. Scott, Assistant Director of Nursing, participated as panel members at an educational seminar, "Cultural Dimensions in Health Care", concerning our role in community liaison with native groups and families. An interview was done for a radio program - Native Communications. M. Scott spoke about the Health Department's services for native people and the C.H.W. program.

Other Activities

Various nursing division committees met throughout the year. These included: Nursing administration (weekly); team meetings (monthly); Inservice, High School Nurses, Family Life, Canada Health Day; Prenatal and Prenatal Refresher, 1980 Birth Year Assessment, Rainbow Youth Centre, Communicable Diseases, Immunization and Askable Parent.

The Director of Nurses participated on the following external committees: Regina Child Abuse Prevention Committee (chairman Dec./81 to June/84); Regina Committee on Sexual Abuse, Inc., Liaison Committee (R.C.A.P.C. and Department of Social Services), Merici Center Advisory Board, Participation Management Group (terminated Feb./84); Saskatchewan Public Health Nursing Advisory Committee, Technical Study Committee, Mobile Crisis Board of Directors (effective June/84); Regional Early Childhood Coordinating Committee, Seniors Wellness; and Saskatchewan Registered Nurses Association's Council, elected Member-at-Large - May/84-86.

Each assistant director of nursing participated on some external committees, including the Family Service Bureau Board and Homemaking Committee, Single Parent Support Group, North Central Health Center Advisory Committee, Perinatal Nurses, and Interagency Family Life.

One district nurse participated with the Gerontological Nurses Interest Group and one was involved with the Child Sexual Abuse Pilot Project Curriculum at Ken Jenkins School.

A report of the findings of the 1979 study was given by the Director of Nurses to the Public Health Nursing Practice and Education Conference, representatives from City agencies and City Management, the Public Health Nursing Advisory Committee and the Canadian Public Health Association Annual Meeting in Calgary.

The Assistant Directors of Nursing activities included a 3 part interview on the Askable Parent Program and a 4 part interview on common questions regarding infants, aired on Q92 with Bob Wiedman. Rounds are made weekly to both the Regina General and Pasqua Hospitals to obtain referrals for home visiting follow-up. All W.I.A.A.S. nursing students are provided with an overview of public health nursing at a pre-conference prior to their observation experiences with us.

A Volunteer Appreciation Tea was held on December 19. Certificates of appreciation were given to 76 volunteers by Mayor Schneider who also addressed the group on volunteerism.

Several nurses attended the meetings of the S.R.N.A. Nurses Research Group. As well, several ran special Staff Health Days at their schools, where teachers could be weighed, have vision and hearing screening, blood pressure assessment, nutrition counselling and discussion of general health concerns. Beyond the obvious benefits, this enhanced the future rapport and communication between nurses and teachers.

PROFESSIONAL EDUCATION

Nursing Students

Public Health nurses acted as field guides to nursing students on 217 occasions. This included 16 third year nursing science students from the College of Nursing, University of Saskatchewan, and 160 nursing diploma students from the Wascana Institute of Applied Arts and Science who observed at postnatal home visits, prenatal classes and child health clinics. One physician and one nutrition intern were also oriented to department programs.

Staff Development

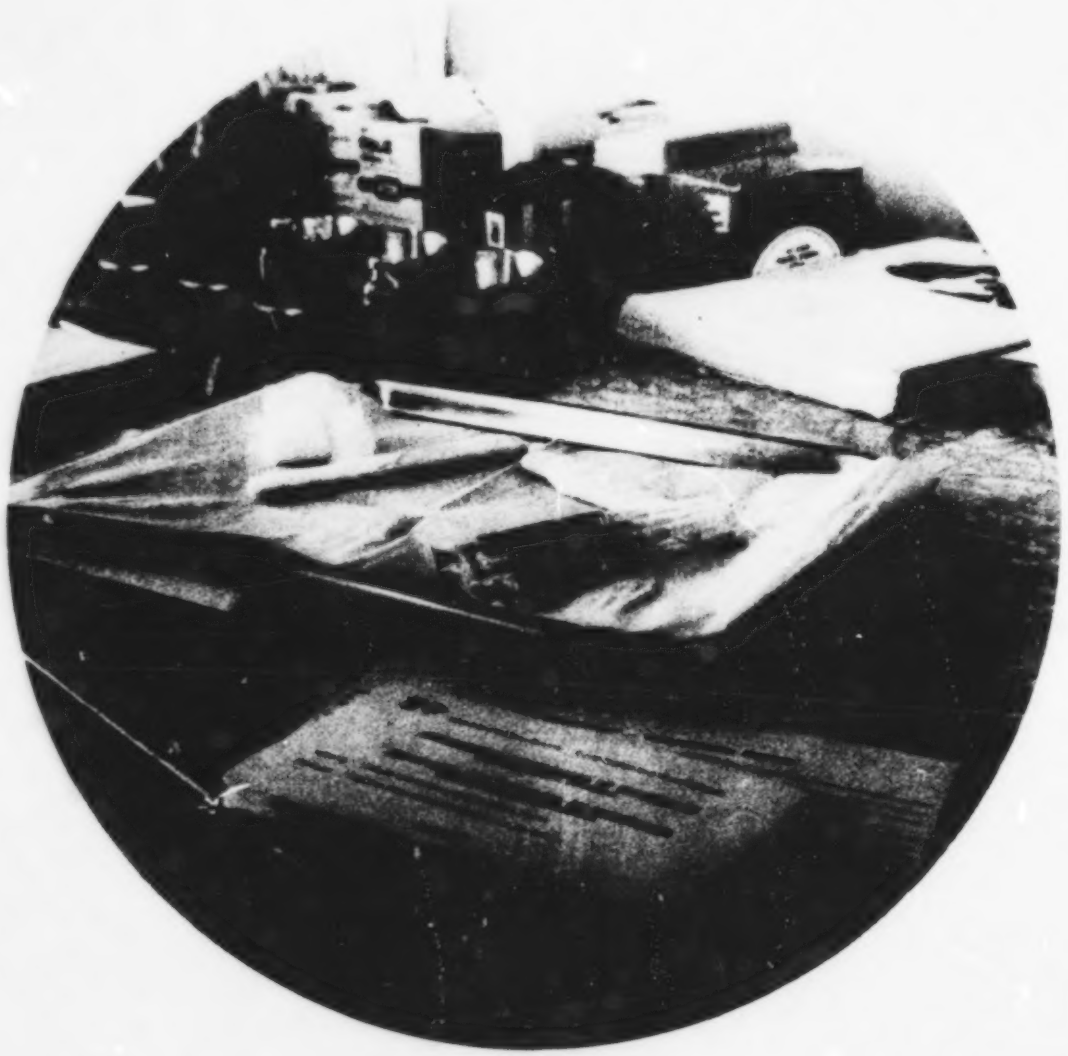
Each nurse and community health worker averaged 22 hours of inservice through the 18 sessions offered this year. Workshops or seminars held outside the department numbered 22, with an average time in attendance by each nurse of 20 hours. Some topics were: Wife Battering, Sexual Abuse, Infectious Hepatitis, Peer Counselling, Prenatal Fitness, C.P.R., Suicide Prevention, S.R.N.A. and S.P.H.A. annual meetings, Patient Education, Osteoporosis and Nutrition, Exercise and Health.

CHILD HEALTH CLINIC STATISTICS - 1984

Name of Clinic	Total Attendance	Total Number of Clinic Sessions	Average Attendance Per Session
Al Ritchie	190	13	15
City Health - Tues	578	50	12
(Central) - Thurs*	142	31	5
Clarence Mahon Arena	482	23	21
Crescent School	263	12	22
Dieppe School	103	12	9
Evangelical Free Church	428	36	12
Glencairn Rec. Centre	1,085	28	39
Martha House (Jan. 1-May 3)	102	9	11
St. Michael's School (May 17-Dec. 31)	139	14	10
Massey School	717	24	30
McCannel School (Jan. 1-Jun 30)	294	26	11
W. C. How School (Jul. 1-Dec. 31)	175	11	16
Native Women's Centre	77	12	6
Peart School	208	12	17
W. F. Ready (opened Oct. 9)	84	5	17
St. Andrew's Church	313	23	14
St. Charles Church	94	12	8
Branch Office-Mon. p.m.	1,468	43	34
-Tues. a.m.	1,191	51	23
-Tues. p.m.	1,192	51	23
-Wed. p.m.*	231	37	6
-Thurs. a.m.	1,106	51	22
-Thurs. p.m.	1,039	51	20
TOTAL	11,701	637	18

*Physician Clinics

Immunization and Communicable Disease Control



IMMUNIZATION AND COMMUNICABLE DISEASE CONTROL

Prevention and control of communicable diseases remain a basic concern of the department and activities in this area are a part of almost every division's duties.

Again during 1984, there were no cases of diphtheria, or poliomyelitis. The one case of typhoid reported in April 1984 was acquired in an Asian country and did not lead to any problems in Regina. Again no confirmed cases of measles were reported.

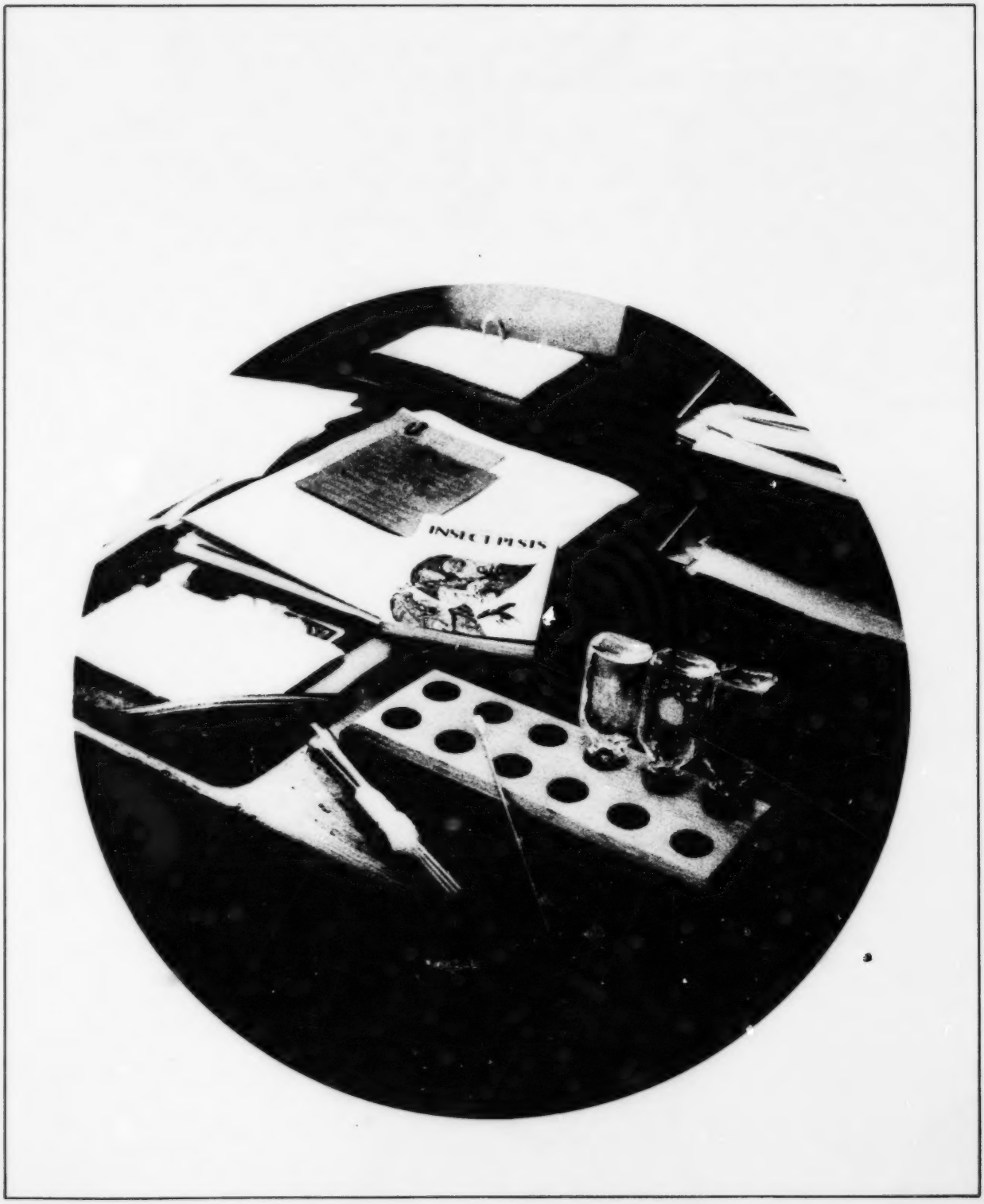
Overall, reported cases of viral gastroenteritis decreased slightly even though the number of cases due to rotavirus had increased in January and February.

The 57 cases of giardiasis included 19 detected in a large day-care centre. Efforts on the part of parents, the operator, and public health nurses brought this under control rapidly.

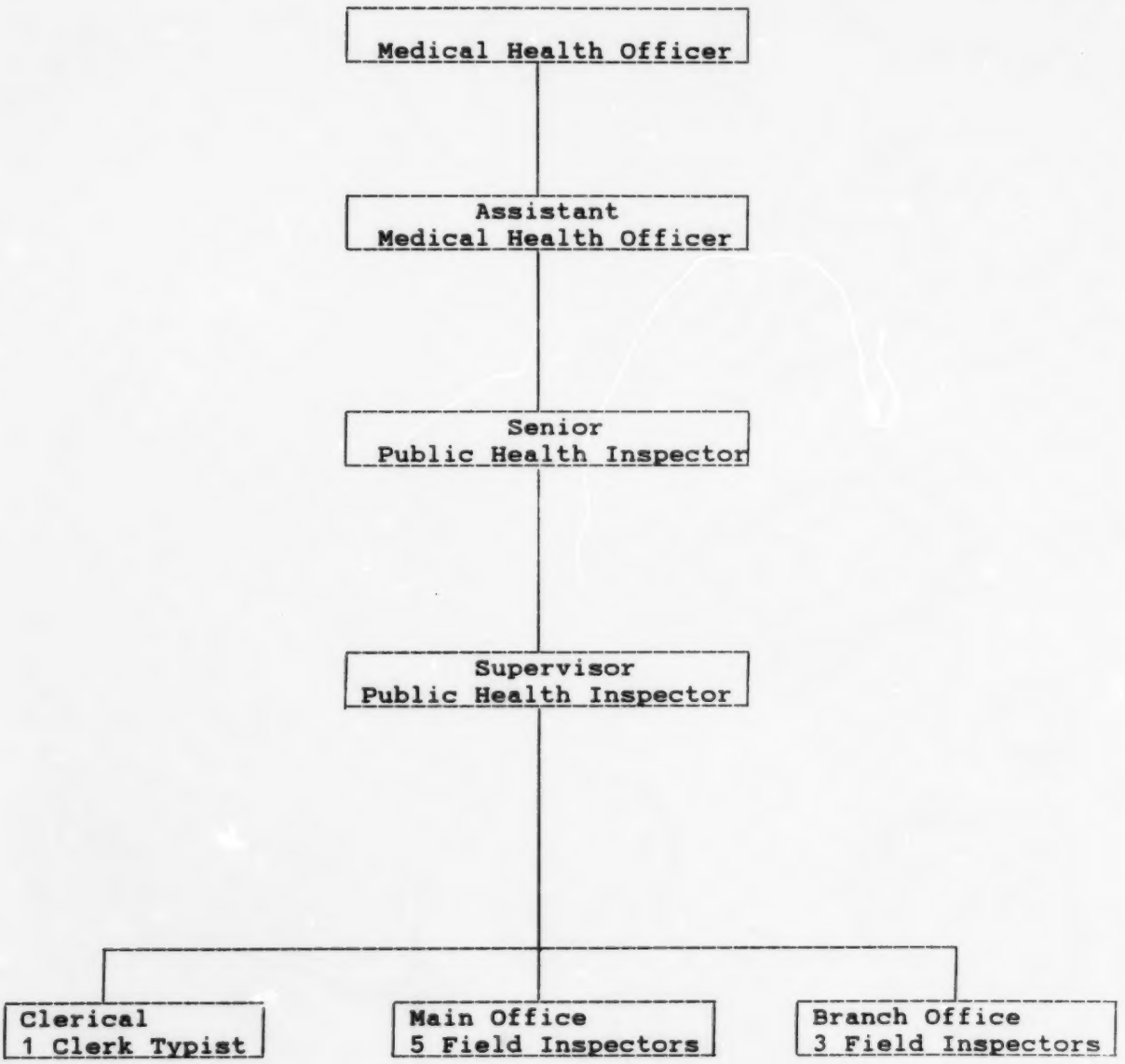
Cases of Salmonella and Shigella were both reduced compared to 1983. During the last six months of 1984 there was an increased incidence of Hepatitis A. This was also observed in Saskatoon and throughout the province.

During the summer and fall of certain years, cases of viral meningitis appear to increase. Such an increase occurred in 1984, there being 39 cases compared to 15 cases in 1983. Cases of gonorrhea have again decreased - a decrease which has also been observed throughout North America. In August of 1984, herpes genitalis and Chlamydial infections became reportable diseases in Saskatchewan. We will need a full year or two of reporting before we can determine incidence.

Environmental Health Division



ENVIRONMENTAL HEALTH DIVISION



ENVIRONMENTAL HEALTH DIVISION

STAFF

This division has a full complement of eight District Public Health Inspectors, one Assistant Senior Public Health Inspector, one Senior Public Health Inspector and a Clerk Typist. We had a vacancy for one inspector for two months of this year.

AIMS

The Environmental Health Division continues to strive to make our environment a healthier and safer place in which to live, by preventing health hazards from arising and by removing those hazards that do exist. Continuing efforts are being made to improve sanitation standards throughout the city by instructing and educating the public and enforcing legislation. During 1984, a total of 17,310 inspections, investigations, consultations and tests were done by the staff. A total of 1,194 complaints of various natures were attended to.

FOOD CONTROL

The area of food control has been a priority in this division due to an increased number of complaints and heightened public interest. As a result of the growth of the city more establishments have opened for business and these require public health inspectors' time. Complaints are largely related to food establishments, particularly cases of food poisoning or questions about food safety. At the end of 1984 there were a total of 433 public eating establishments in Regina, an increase of 41 establishments over the previous year. These required 2,209 inspections; there were four degradings and seven eating establishments received written orders. Forty-four food poisoning episodes resulted in 169 individuals becoming ill. These outbreaks required thorough investigations.

There were 367 inspections made of grocery stores, meat markets, confectionaries, bakeries and food warehouses. Display and handling of bulk food items remain a great concern to our department.

Again this year an increased effort was made to upgrade all food establishments. Educational pamphlets and brochures have been developed as well as a two and a half hour Food Handling Course. Eighteen foodhandling courses were taught with 412 attending. The course has become very popular with the foodhandling operators. More are scheduled for the following year. It is hoped that we could reach every employee or operator in the foodhandling business.

WATER SAMPLING

There were 761 water samples from the distribution system submitted for analysis. Also total and free chlorine readings were taken, further testing for pH, temperature and turbidity were done as requested by the Department of Environment. Due to the numerous odour and taste complaints, monitoring of water samples was necessary. This resulted in City Council having approved a carbon filtration system to be installed in conjunction with the water treatment plant. Hopefully it will be ready in early 1985.

ENVIRONMENTAL HEALTH CONTROL

Poor housing and lack of proper maintenance continue to be a great concern in this division. A total of 2,524 housing and property inspections were made, resulting in 51 premises placarded as unfit for human occupation under the Public Health Act. Every effort is made to control slum dwellings; 20 placarded premises were demolished and/or renovated, resulting in removal of placards. It was interesting to note that in 1984 more of the placarded houses were repaired rather than having them demolished as in 1983. The total number of non-modern dwellings remaining in the city at the end of 1984 was nine.

There were 95 actions taken under Section 195 of the Urban Municipality Act for untidy and unsightly premises. Nine of these premises were cleaned up by the City's Public Works Department. Seven actions were taken under Section 29 of the Public Health Act. Four of these had to be completed by City crews. Actions were taken by the City under Sections 140 and 197 of the Urban Municipality Act to demolish old housing or buildings and remove wrecked vehicles. These actions are certainly resulting in improvements in the control of unsatisfactory conditions within the city. The general public and community service groups continue to maintain pressure for better controls on housing and property maintenance. This also resulted in Sections of the new Urban Municipality Act giving Council authority to develop a Maintenance Bylaw.

Continued demands are made on this division for inspections and reports on institutions such as special care homes, schools, various types of group homes, boarding care homes and day care centres. Due to growing public interest in recreation and sports, more effort has once again been put into maintaining improved sanitary and safety standards in all public playgrounds, parks, rinks and swimming pools. Paddling pools were again refused permits. This resulted in having five of the seven converted into spray pools. The remaining two paddling pools remain a health concern.

CARBON MONOXIDE

Frequent carbon monoxide monitoring during the fall and winter months continued at our ice rinks. Tests were taken for carbon monoxide levels at various times of the day at each facility. The continuous readout equipment has proved very valuable in this monitoring. Very few problems are now noted due to the conversion of all ice equipment to propane and having this equipment properly tuned. Carbon monoxide monitoring is continuing. A number of spot checks have also been done in homes where carbon monoxide was a possible concern.

RODENT AND PEST CONTROL PROGRAM

The continuing Rodent and Pest Control Program under contract has been very successful. A number of pests (gophers, rabbits, pigeons, rats, skunks, etc.) have been successfully controlled. This has once again been a very bad year for gopher problems.

Insect problems continue to be a concern. It appears that cockroaches are on the increase; bedbugs continue to be a problem; and sawtooth, grain beetle, meal moth, etc. are common.

OTHER INSPECTIONS

Regular inspections and control measures have been carried out in other areas such as offices, barber shops, beauty parlours, malls, arcades, pool rooms, clubs and other public facilities. The public health inspector keeps a constant watchful eye on any facility that is established in his district.

GENERAL

A total of 1,194 complaints have been received and investigated or referred to the proper authorities. There were 127 complaints directly related to the keeping of dogs. The keeping of dogs is becoming a concern; yards are not kept clean; kennels are too close to neighbours' property; barking and number of dogs on a property all contribute to complaints. Recommendations have been made as to the need to provide better legislation to enforce control of pets. The New Urban Municipality Act now gives Council authority to draft bylaws controlling animals. Dog bites continue to be a problem; 229 bites were reported. The Federal Health of Animals Department is now also involved in the follow-up and rabies control.

A total of 807 verbal notices and 520 written notices or orders were issued for the year.

One Public Health Inspector attended a two week upgrading course at the University of Saskatchewan, Saskatoon. This gives the Division the opportunity to keep up with the changing times and technology. It is strongly recommended that this practice continue.

COMMUNITY EDUCATION

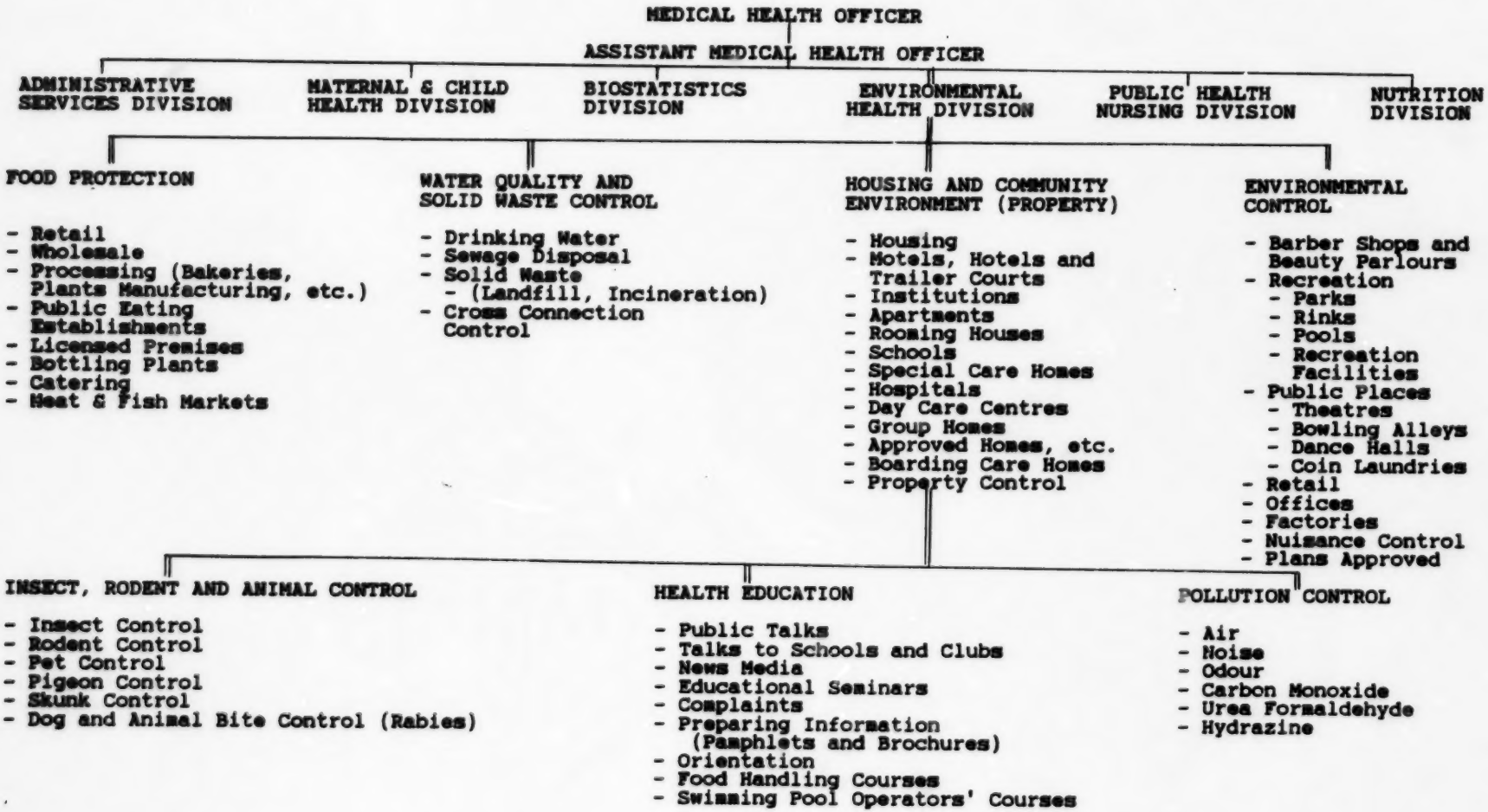
Foodhandling courses have been very successful and will be continued. A Swimming Pool Operator's course is proposed for the coming spring. A number of educational materials have been developed for our division regarding handouts for foodhandlers, insect control, flood control, etc.

A number of interviews were held with the Leader Post, radio and T.V. stations dealing with housing, food poisoning, pest control, etc. The inspectors are encouraged to work closely with community groups.

SUMMARY

This division has had a very successful year. The inspectors greatly appreciate the co-operation from all other divisions within the department, other city departments, the general public, elected officials and government agencies.

CITY OF REGINA HEALTH DEPARTMENT - ENVIRONMENTAL HEALTH DIVISION - FUNCTIONAL ORGANIZATIONAL CHART



ENVIRONMENTAL HEALTH DIVISION STATISTICS

1. Food-handling	1983	1984
Public eating establishments inspected	1142	1479
Licensed premises/beverage rooms, etc. inspected	319	365
Public eating establishments (itinerant) inspected	321	365
Public eating establishments closed	16	8
Public eating establishments opened	38	50
Public eating establishments - orders issued	29	7
Public eating establishments degraded	1	4
No. of Jamieson tests	25	12
Inspections of food manufacturing premises, bakeries, bottlers, meat processing	150	124
Stores inspected - grocery, meat, confectionery	409	243
Dairy products - complaints received	4	3
Food products condemned - quantity	23	26
Possible food poisoning investigations	43	44
- Number of individuals involved	133	169
- Food samples submitted to Lab	84	55
Laboratory examination of - (1) food samples	48	55
(2) water samples	866	761
(3) others	-	25
Field tests - (1) Chlorine	215	1031
(2) Others	-	1212

2. Housing		
Inspections - (1) Commercial buildings	243	199
(2) Commercial properties	251	240
(3) Private dwellings	741	694
(4) Private properties	1733	1830
Inspections of Apartment blocks, hotels, motels, trailer courts	221	153
Premises placarded	51	51
- Demolished	-	23
- Cards removed	-	27
Action initiated - Section 195 of the Urban Municipality Act	136	95
Action initiated - Section 140 of the Urban Municipality Act	36	13
Action initiated - Section 29 of the Public Health Act	5	8
Miscellaneous - Formaldehyde testing, etc.	49	38

3. Institutions, Industries, Recreation Areas		
Inspections of Institutions, Special Care Homes, Day Care Centres, Approved & Boarding Care Homes, Hospitals	183	213
Inspections of Service, trades, industries, beauty parlours, barbers, laundromats	219	192

	1983	1984
Recreation areas - (1) Indoor - bowling, pool rooms, games arcades.	85	79
(2) Outdoor - parks	21	17
(3) Indoor ice arenas -		
(a) Inspection.	80	105
(b) CO testing.	84	122
(c) Other tests	-	57
(4) Swimming pools, paddling pools -		
(a) Inspection.	238	226
(b) Water samples (lab)	244	152
(1) Coli	-	86
(2) Pseudomonas.	-	10
(c) Closures.	9	12
(d) Field tests (pH, Chl., Alk.)	21	444
4. Insect, Rodent Control, Animal Bitings		
Insect - no. of infestations	74	73
Rodent calls reported (rats, mice)	94	97
Infestations confirmed	44	52
Skunk infestations reported.	11	9
Skunks exterminated.	3	5
Other wild animals reported - badgers, porcupines, fox, beaver, etc..	-	8
Pests reported - gophers, pigeons, rabbits, blackbirds, etc. . .	78	68
Pests exterminated	50	56
Animal bitings reported	257	229
Animal bitings reported from Medi Centres.	-	35
5. Complaints	1343	1201
6. General		
Plans reviewed	245	239
Notices - (1) Verbal	741	807
(2) Written.	572	520
Consultation - (1) Personal.	953	1243
(2) Telephone	1537	1582
Meetings - (1) General Staff	71	67
(2) Divisional.	87	59
Photographs take	469	464
Courses held - (1) Swimming pool operators, food-handling, etc.	9	33
(2) Number attended	238	845
Courses/seminars attended	16	31
Miscellaneous - (Court duty, etc.)	-	21

COMPLAINTS RECEIVED - 1984

Month	Housing	Yards Properties	Yards--Animal Related	Wild Birds	Rodents, Wild Animals, etc.	Insects	Water	Food	Itinerant Mobile Food Outlets	P. E. E.	Heating	Garbage/ Refuse	Public/Commercial Buildings	Recreation Areas	Schools Nursery/ Playschools	Institutions	Miscellaneous	Food Stores	TOTAL
January	15	14	3	1	2	12	-	1	-	5	1	1	3	-	-	-	-	3	58
February	8	16	9	-	5	9	1	4	-	5	-	3	1	1	1	-	4	1	59
March	19	31	13	-	4	-	5	5	-	5	6	8	5	-	-	-	9	3	100
April	18	75	24	5	13	14	7	3	-	4	2	6	3	-	-	-	4	-	154
May	23	78	23	2	11	5	1	2	-	4	1	3	1	-	-	1	5	2	139
June	18	63	14	3	40	5	4	4	-	5	-	8	2	1	-	-	13	-	166
July	25	65	17	5	25	6	2	5	-	4	-	12	1	3	-	-	10	-	163
August	21	47	13	1	15	2	2	2	-	4	-	7	-	-	-	-	10	-	111
September	18	17	5	-	11	5	3	5	-	4	-	-	7	-	-	-	3	-	67
October	23	20	2	-	6	9	9	3	6	-	3	-	2	3	1	-	12	-	97
November	12	6	3	-	4	2	3	1	-	3	2	2	-	-	-	-	6	-	41
December	12	5	1	1	4	4	3	3	-	1	5	3	-	-	-	-	5	-	46
TOTAL	212	437	127	18	140	73	40	38	6	44	20	53	19	8	2	1	81	9	1201

1 9 8 4 REPORT ON PLACARDED HOUSES

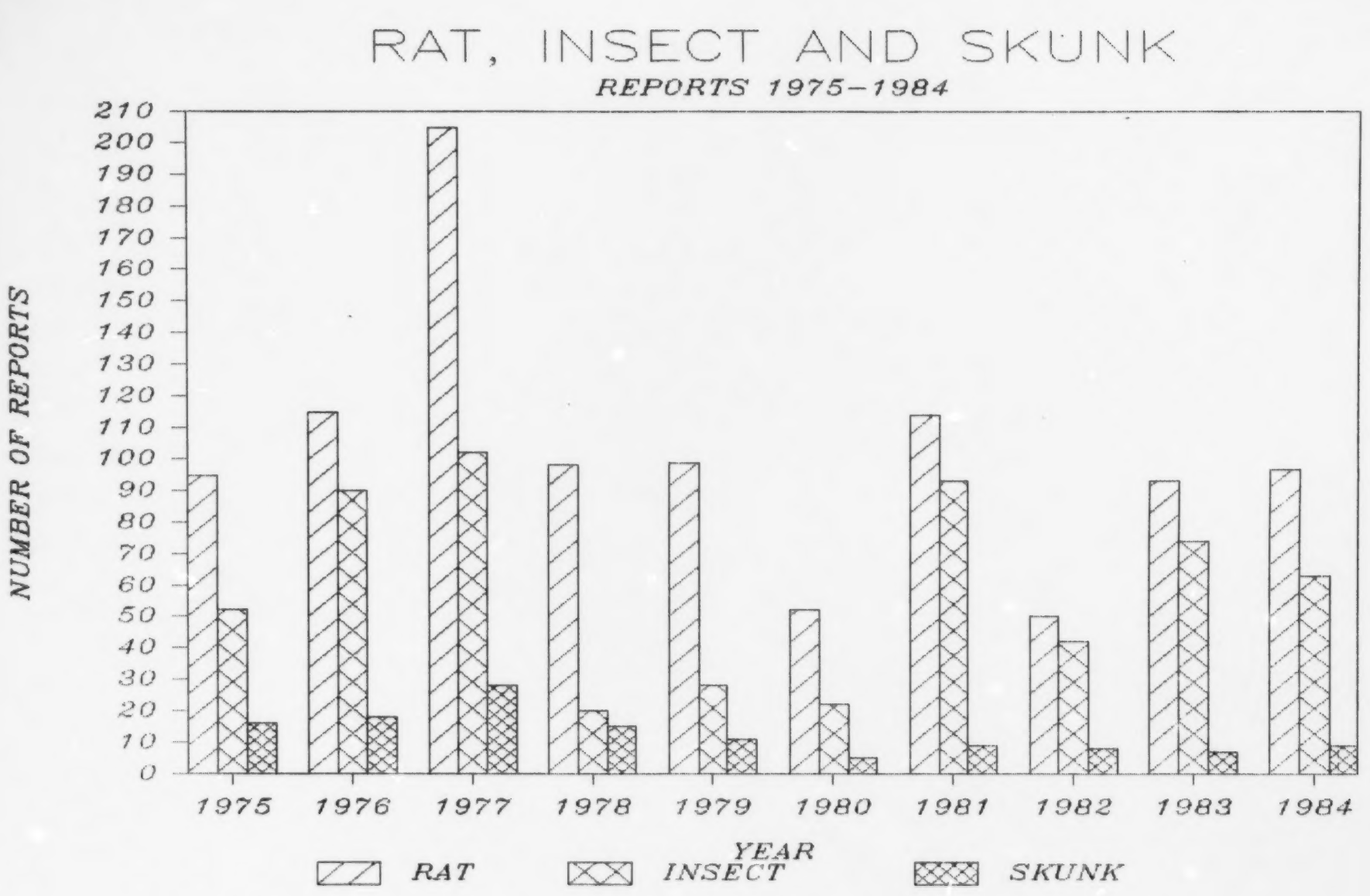
MONTH	DEMOLISHED	REPAIRED	TOTAL
January	1	1	2
February	1	2	3
March	-	1	1
April	1	1	2
May	2	2	4
June	2	4	6
July	5	3	8
August	2	1	3
September	3	5	8
October	3	3	6
November	-	4	4
December	-	4	4
TOTAL	20	31	51

NUMBER OF ANIMAL BITINGS REPORTED IN REGINA BY AGE GROUP - 1984

Age Group	Jan.	Feb.	Mar.	Apr.	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.	Total	%
0-4	1	1	-	6	2	4	3	4	-	1	-	-	22	9.6
5-14	6	10	6	10	10	4	6	6	8	7	1	1	75	32.8
15-24	3	1	8	2	2	17	2	4	1	4	1	-	45	19.7
25-44	2	5	1	3	4	2	6	4	4	2	2	4	39	17.0
45-64	2	2	1	1	5	1	3	5	2	-	-	1	23	10.0
65+	-	-	-	3	3	-	2	1	1	2	-	-	12	5.2
Unknown	3	1	1	2	2	-	1	-	1	-	2	-	13	5.7
Total	17	20	17	27	28	28	23	24	17	16	6	6	229	100.0

REPORTED ANIMAL BITINGS - 1984

	Jan.	Feb.	Mar.	Apr.	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.	Total	%
Animal Contained	2	5	8	15	12	10	8	9	4	6	2	4	85	37.1
Animal at Large	7	11	5	7	9	5	9	4	8	6	2	2	75	32.8
Unknown	8	4	4	5	7	13	6	11	5	4	2	-	69	30.1
Total	17	20	17	27	28	28	23	24	17	16	6	6	229	100.0
Dogs	17	18	16	24	28	26	23	22	17	16	6	5	218	95.2
Cats	-	2	1	3	-	1	-	2	-	-	-	1	10	4.4
Rats	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Bats	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Skunks	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Other	-	-	-	-	-	1	-	-	-	-	-	-	1	.4
Total	17	20	17	27	28	28	23	24	17	16	6	6	229	100.0
MONTHLY CUMULATIVE TOTALS	17	37	54	81	109	137	160	184	201	217	223	229	229	100.0


RAT, INSECT AND SKUNK
REPORTS 1975–1984
NUMBER OF REPORTS
210
200
190
180
170
160
150
140
130
120
110
100
90
80
70
60
50
40
30
20
10
0
1975
1976
1977
1978
1979
1980
1981
1982
1983
1984
YEAR
RAT
INSECT
SKUNK

Nutrition Division

NUTRITION DIVISION

GROUP PRESENTATIONS

One hundred and twenty-nine nutrition presentations included audiences such as university students and professors in classes for "English as a Second Language"; five Quit for Good groups; YMCA classes for Fitness Instructors; students and teachers at schools; children and workers at day care centers; adults in Upgrading Education classes; Girl Guide and Brownie groups; Teen Mothers group; Martha House residents; Kiwanis group; Native Women's Prenatal group; Gabriel Dumont Institute students; Autistic children; Eaton's Health Program for Senior Citizens; groups of children and supervisors at University Park Community Association pre-kindergarten classes; Phoenix House residents; Canadian Mental Health Association clients; Welfare Rights clients.

INSERVICE

Five inservice sessions included supplying nursing division with up-to-date nutrition information, and the health department staff with two guest speakers.

ORIENTATION

Community nutrition orientation was provided for three days each for two dietetic interns. Others given shorter orientation included a Saskatchewan Health Regional Nurtitionist, the new Provincial Nutritionist for Saskatchewan Health, Nutritionist for Saskatchewan Medical Services, a new Regina Environmental Health Inspector, and students from the College of Nursing, University of Saskatchewan.

MASS MEDIA

- CBC TV - Jonathan Shank re nutritious food basket.
- Cable 3 TV - fast foods discussed with university students.
- FM Radio Station Z99 - weight control discussed with Oksana Healey.
- Radio CFMQ - discussed nutritious Halloween ideas with Bob Weidman.
- CBC TV - discussed Halloween with David Paratta.
- Several nutrition articles were developed for circulation in Saskatchewan weekly newspapers and Regina Rally.

COURSES, EDUCATION, UPDATING

- workshop on Meetings Behaviour.
- workshop on Meetings for Results.
- TV workshop with Dr. Rita Deverell.
- Seminar on Arthritis.
- Field staff conference.

- two Provincial nutritionists' conferences
- nutritionist attended 9th International Dietetic Congress in Toronto, July 1-6.
- assistant nutritionist attended the Saskatchewan Dietetic Association convention in Saskatoon, November 5 and 6.

NUTRITION MONTH

The nutritionists helped distribute nutrition materials to Regina physicians, dentists and cafeterias.

A nutrition display on food facts and fallacies was prepared with help from City health staff, and set up at various locations, along with nutrition handouts - City Hall, Central Public Library, Lawson Pool and Femtastic.

Other activities included working with Holy Rosary School for their Health Education night, and helping service the SDA displays at Wascana Business Division, Southland Shopping Mall, and Femtastic.

OTHER ACTIVITIES

The nutritionists participated in evaluating the information for development of an infant feeding package.

The nutrition division cooperated with Regina City Health Department Staff to prepare for and participate in an excellent Health Day Open House in May.

EDUCATIONAL MATERIALS DEVELOPED

My Weekly Food Record
How to Build a Better Baby
Breakfast Cereals
Soft Drink Information
Vitamin C Fruits and Vegetables
Vitamin A.

NUTRITION DIVISION STATISTICS

		Total 1984	Total 1983
I.	Consultative Services to Individuals		
	a. GENERAL		
	no. of individuals counselled	2,751	3,898
	b. SPECIAL DIET		
	no. of special diet consultations	323	381
	time spent (hours)	94	148
II.	Group Presentations:		
	no. of sessions	55	111
	no. of persons	1,167	794
	time spent (hours)	129	139
III.	Inservice:		
	a. HEALTH DEPARTMENT STAFF		
	no. of sessions	6	2
	no. of persons	240	64
	time spent (hours)	47	21
IV.	Orientation:		
	a. HEALTH DEPARTMENT STAFF		
	no. of sessions	3	4
	no. of persons	3	5
	time spent (hours)	3	6
	b. OTHERS		
	no. of sessions	7	-
	no. of persons	13	-
	time spent (hours)	53	
V.	Mass Media:		
	no. of contacts	10	16
VI.	Nutrition Education Materials:		
	a. EVALUATION		
	no. of resources evaluated	33	68
	time spent (hours)	56	79
	b. DEVELOPMENT		
	no. of resources developed	26	51
	time spent (hours)	50	139
VII.	Meetings Attended:		
	a. HEALTH DEPARTMENT STAFF		
	no. of meetings	101	84
	time spent (hours)	147	99
	b. OTHERS		
	no. of meetings	31	30
	time spent (hours)	53	54

	Total 1984	Total 1983
VIII. Nutritionists Continuing Education and Updating		
no. of conventions, seminars, courses	28	16
time spent (hours)	132	143
IX. Other Activities:		
no. of activities	45	16
time spent (hours)	148	59
X. Nutrition Materials:		
no. supplied	44,227	41,150
Office telephone calls from Regina citizens requesting nutrition information (including special diets)	1,604	2,206
Letters sent to Regina citizens concerning general nutrition information and/or special diet information	183	265
Talks to groups in community	50	79
Visits made by Nutritionist to homes, institutions, schools, etc. to supply nutrition information	85	66
Individual Weight Control Counselling Approximate hours spent		
- office visits	30	58
- telephone calls	13	25
Visits by Regina citizens to nutrition division for information other than special diet counselling	1,059	1,788
Individual Special Diet Counselling (excluding weight control) - Approximate hours spent		
- office visits	19	20
- telephone calls	30	30

Biostatistics Division

BIOSTATISTICS DIVISION

RESPONSIBILITIES

The Biostatistician maintains a data base for the department and acts as a resource person for data collection procedures. In particular, she monitors, analyzes and interprets birth, death and communicable disease statistics.

The Boarding Care Home Bylaw is administered by this division and some assistance is given to the Buildings and Civic Properties Department in the administration of Bylaw #6849 (respecting smoking in public places.) The division is also involved in activities relating to the promotion of the Health Department and its programs. As well, Quit For Good, a smoking cessation program, is administered by this division.

The role of the Biostatistician involves co-operation in research and planning for the Health Department. She assists the various divisions in evaluating on-going programs and in researching new areas of health concern. In this way she helps the department in its development of future goals and programs. The Biostatistician may assist in or directly plan programs directed at meeting the changing needs of the community. The evaluation of health related bylaws and legislation is also within the scope of this division.

STATISTICS

A section containing health statistics for the City of Regina can be found on page 13 of this report.

Statistics concerning the incidence of certain communicable diseases can also be found on page 19. A discussion of the latter can be found in the Immunization and Communicable Disease Control section of this report.

COMMUNITY CARE HOMES

The Health Department administers the Regina Boarding Care Home Bylaw (No. 5128). This bylaw licenses homes which care for one to three senior citizens. Those homes caring for 4 to 15 senior citizens are under provincial jurisdiction although they have not been licensed.

In 1984, Saskatchewan Health requested and received reports from departments and agencies concerned with these homes. It is expected that these reports will be used to develop legislation which would be appropriate for the licensing and monitoring of these homes.

Since the number of these homes is increasing it is hoped that such legislation will be proposed in 1985.

REPORTS

This division is involved in the writing of reports. It also assists other divisions and the administration in the investigation of various areas.

DEPARTMENT PROMOTION AND HEALTH EDUCATION

The promotion of the Health Department, its programs and services, is an important goal. This division is involved in organizing materials to be used in advertising and promotion. Examples of these include the following:

(1) Information for community directories and surveys.
(2) Information for the Employee Newsletter.
(3) Contribution to the provincial Health Department's Annual Report.
(4) The Health Department Annual Report.

A number of health education materials were also developed in cooperation with other divisions:

* Information page for parents: subject - Pediculosis
* Development of a nutrition display "Nutrition Fads and Fallacies"
* Development of a display on women's health for Femtastic
* Organization of a number of displays for the Saskatchewan Public Health Association's Annual Meeting
* Organization of displays for a Health Fair at the Rainbow Youth Centre
* Organization of displays for the North Central Health Fai.
* Information page: subject - Salmonella
* Assisted in preliminary planning of youth seminar "High on Health" dealing with drugs and alcohol
* Organization and preparation of materials and displays for "Canada Health Day" Open House.

SMOKING

As part of its focus towards preventive health, the Health Department has become involved in what has been described as "Canada's number one preventable health problem".

1. Quit for Good - a smoking cessation program developed by the Health Department is run approximately once a month. Advice is also given on an individual basis to persons who contact the department.

2. Scientific Publication - A journal article concerning the Quit for Good program was accepted for publication by the International Journal of the Addictions.

3. National Non-Smoking Week - (January 22 to 28) - Promotion of the week included the following:

* Development of press kits for the media
* Kick-off media event at the Cornwall Centre
* "Smokers' Helpline" operated by Quit for Good staff
* Media interviews, community announcements, newspaper advertising, write-up in Women's Guide.
* Encourage promotion of the week in schools
* Public health nurses - act as resource for teachers
* Preparation of list of "Resources for Smokers".

4. Minister of Health's Committee to Develop Non-Smoking Strategies

The Biostatistician represented the Saskatchewan Interagency Council on Smoking and Health on this committee. The goal of targetting specific groups by means of effective strategies was seen as a very challenging one. It is hoped that the recommendations of this committee will have far-reaching effects in Regina and the rest of the province.

5. Regina Liaison Committee and the Saskatchewan Interagency Council on Smoking and Health

The Biostatistician represents the Health Department on each of these committees. The Liaison Committee is concerned with the area of youth and drugs. The Council on Smoking and Health is involved in a number of educational activities, including National Non-Smoking Week.

6. Bylaw No. 6849 - Concerning Smoking in Public Places

The Health Department continued to assist in dealing with certain aspects of the bylaw including:

* Answering inquiries regarding interpretation of the bylaw
* In January a special eight-month survey project was completed. At the conclusion of the project, all areas that had been inspected were properly signed.
* In response to communication from taxi drivers and companies, a special bylaw sign was devised for use in taxis.
* A report reviewing the City's bylaw regarding smoking in public places was prepared.

7. Smoking in the Workplace

An increased number of complaints and inquiries concerning smoking in the workplace was received in 1984. Information was supplied to individuals whose work environment involved dealing with second hand smoke and to organizations who wished to develop policies.

REGINA HEALTH SURVEY

During the summer of 1984, an extensive survey of the health of Regina citizens was done. With assistance from the Summer Canada Works Program four staff were hired. Following an initial assessment of health surveys, two survey instruments were developed - one to be used in 400 face-to-face interviews and the other to be used for a mail-out survey to 5,000 citizens. The surveys covered the following areas: perception of health, limitation of activity due to health, disability, accidents, health history, mental health occupational health, smoking, alcohol, nutrition, physical activity, and demographic data.

Public reaction to the surveys was very good with 53% of persons receiving the mail-out survey replying. The majority of persons approached for personal interviews also cooperated with the survey and 340 interviews were completed.

Business Office

BUSINESS OFFICE

The business office is primarily responsible for budget preparation and control, purchases and maintenance of supplies and equipment, personnel records and building security.

The staff responsible for the functioning of this area of the department consists of a Clerk VI, one clerk steno, one clerk typist, two caretakers at the central office and a clerk typist and caretaker at the branch office.

The actual operating budget for 1984 was $2,450,400 which was divided among the divisions of the department. The personnel services for the department consume approximately 93.5% of the budget with the remaining 6.5% for other operating expenses. The expenditures are partially offset by the provincial grants we receive. These grants amounted to $666,000 with the greatest amount coming from the provincial Health Department per capita grant of $3.35 based on the SHSP population figure of 172,358, or $577,400. Other grants are for continuing programs such as monitoring of clients under the SAIL program, contact tracing of sexually transmitted diseases, services of an immunization nurse and a public health inspector. There is a small amount of revenue realized from fees charged for immunization given to international travellers and registration fees for the Quit for Good Smoking Cessation Program. The financial statement on the following page gives further detail.

FINANCIAL STATEMENT

AT DECEMBER 31, 1984

EXPENDITURES

Salaries	$1,987,500	
Contributions to Civic Pension	117,900	
Canada Pension Plan	23,000	
Unemployment Insurance	45,000	
Professional Memberships	5,600	
Car Allowances	94,100	
Uniforms	12,200	
Honorariums, wages	2,300	
Supplies and materials	36,400	
Laundry	800	
Reference books and subscriptions	4,000	
Education and training publications	5,600	
Audio-Visual materials	3,000	
Seminars, conventions, business trips	9,900	
Printing and duplicating	15,100	
Office furniture and equipment	6,500	
Equipment maintenance	2,300	
Postage	900	
Repairs and building maintenance	5,500	
Telephone	18,800	
Electricity and gas	14,300	
Water and sewer	2,000	
Contracts and miscellaneous	11,700	
Advertising	1,300	
Computer services - Systems	24,700	
TOTAL		$2,450,400

REVENUE

Fees:		
Boarding Care Home license fees	100	
Medical Services fees (immunization)	1,700	
Other fees - burial permits $ 200		
- registration fees 1,900	2,100	3,900
Grants:		
Provincial Per Capita	577,400	
Special Projects	54,700	
SAIL	31,900	
Venereal Disease Control	2,000	666,000
TOTAL REVENUE		$ 669,900
From City revenue		$1,783,500
		$2,450,400